



Detailed evaluation

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Club: Stiftung Wadentest
Number: 393

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:56:57

Speed: 8.21 km/h
Running performance: 7:19 min/km

Rank in course/Total: 180 (of 304)

Rank in course/Men: 168 (of 252)

Best time in course: 1:05:10

Rank in category: 32(of 53)

Best time in the category: 1:09:26

Intermediate times							Stage score				Total ranking			
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Himmelsleiter +	-	2:58	-	24	1:51	130	1:56	-	2:58	-	24	1:51	130	1:56
Himmelsleiter +	-	4:55	-	27	2:06	137	2:23	-	7:53	-	27	3:57	135	4:19
Nordwand + Dov	-	5:54	-	25	1:59	123	2:11	-	13:47	-	26	5:56	130	6:30
Nordwand + Dov	-	1:56	-	15	0:40	84	0:47	-	15:43	-	25	6:26	124	7:15
Duckmäuser Eins	-	18:04	-	18	6:46	96	7:24	-	33:47	-	18	13:12	83	14:31
Duckmäuser Aus	-	0:22	-	9	0:05	37	0:09	-	34:09	-	18	13:13	81	14:39
Pneumant Einstie	-	1:12	-	30	0:52	139	0:58	-	35:21	-	16	14:05	77	15:29
Pneumant Aussti	-	0:08	-	20	0:06	103	0:07	-	35:29	-	16	14:09	76	15:31
Heuschupfen Ei	-	12:57	-	31	5:02	167	5:38	-	48:26	-	16	19:11	79	21:09
Heuschupfen Ai	-	0:06	-	13	0:02	50	0:02	-	48:32	-	16	19:12	77	21:11
Schlammbowle E	-	2:51	-	26	1:05	142	1:08	-	51:23	-	15	20:17	76	22:18
Schlammbowle A	-	1:20	-	38	0:44	182	0:46	-	52:43	-	14	21:01	75	23:03
Himmelsleiter +	-	5:24	-	40	2:23	197	2:41	-	58:07	-	15	23:24	78	25:37
Himmelsleiter +	-	4:51	-	23	1:48	136	2:04	-	1:02:58	-	15	25:12	78	27:35
Nordwand + Dov	-	6:58	-	30	2:48	156	3:00	-	1:09:56	-	16	28:00	79	30:32
Nordwand + Dov	-	2:11	-	32	0:48	169	1:07	-	1:12:07	-	16	28:47	79	31:32
Duckmäuser Eins	-	20:44	-	27	8:53	138	20:27	-	1:32:51	-	15	37:40	77	41:27
Duckmäuser Aus	-	0:36	-	38	0:21	164	0:25	-	1:33:27	-	15	37:59	77	41:50
Pneumant Einstie	-	1:07	-	21	0:46	101	0:47	-	1:34:34	-	14	38:45	66	42:37
Pneumant Aussti	-	0:12	-	42	0:10	181	0:10	-	1:34:46	-	14	38:53	66	42:47
Heuschupfen Ei	-	13:40	-	36	5:42	180	6:19	-	1:48:26	-	15	44:35	70	49:06
Heuschupfen Ai	-	0:07	-	28	0:03	132	0:03	-	1:48:33	-	15	44:38	70	49:09
Schlammbowle E	-	3:08	-	40	1:27	192	1:27	-	1:51:41	-	15	46:05	68	50:35
Schlammbowle A	-	1:02	-	11	0:23	75	0:28	-	1:52:43	-	15	46:28	68	51:01
Sportplatz Mühlb	8.00	4:14	-	41	1:03	204	1:03	16.00	1:56:57	7:18	32	47:31	168	51:47