



## Detailed evaluation

Lindhorst, Markus

Club: KidsRun  
Number: 501

Course: 16.00 km  
Expert

Category:  
Männer (20-29 Jahre)

Total time: 1:45:52

Speed: 9.07 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 103 (of 304)

Rank in course/Men: 98 (of 252)

Best time in course: 1:05:10

Rank in category: 29(of 74)

Best time in the category: 1:05:10

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 +	-	2:20	-	22	1:18	54	1:18	-	2:20	-	22	1:18	54	1:18	
Himmelsleiter +	-	4:17	-	26	1:38	73	1:45	-	6:37	-	26	2:56	69	3:03	
Nordwand + Dov	-	6:07	-	44	2:21	149	2:24	-	12:44	-	26	5:17	82	5:27	
Nordwand + Dov	-	1:53	-	22	0:44	72	0:44	-	14:37	-	26	6:01	83	6:09	
Duckmäuser Eins	-	18:07	-	31	7:27	100	7:27	-	32:44	-	21	13:28	67	13:28	
Duckmäuser Aus	-	0:24	-	25	0:11	57	0:11	-	33:08	-	21	13:38	67	13:38	
Pneumant Einstie	-	0:41	-	13	0:20	54	0:27	-	33:49	-	17	13:57	60	13:57	
Pneumant Aussti	-	0:07	-	23	0:04	72	0:06	-	33:56	-	17	13:58	59	13:58	
Heuschnupfen Ei	-	11:36	-	28	4:17	84	4:17	-	45:32	-	16	18:15	54	18:15	
Heuschnupfen Ai	-	0:06	-	19	0:02	50	0:02	-	45:38	-	16	18:17	54	18:17	
Schlammbowle E	-	2:44	-	34	1:00	118	1:01	-	48:22	-	17	19:17	54	19:17	
Schlammbowle A	-	0:52	-	16	0:18	41	0:18	-	49:14	-	15	19:34	52	19:34	
Himmelsleiter +	-	4:47	-	34	1:57	119	2:04	-	54:01	-	16	21:31	53	21:31	
Himmelsleiter +	-	4:22	-	25	1:29	63	1:35	-	58:23	-	16	23:00	52	23:00	
Nordwand + Dov	-	6:48	-	44	2:47	137	2:50	-	1:05:11	-	16	25:47	52	25:47	
Nordwand + Dov	-	1:56	-	26	0:45	78	0:52	-	1:07:07	-	16	26:32	52	26:32	
Duckmäuser Eins	-	18:36	-	29	7:47	96	18:19	-	1:25:43	-	15	34:19	50	34:19	
Duckmäuser Aus	-	0:21	-	14	0:10	35	0:10	-	1:26:04	-	15	34:27	50	34:27	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	0:42	-	56	0:40	200	0:40	-	1:26:46	-	72	34:47	245	34:47	
Heuschnupfen Ei	-	11:25	-	26	4:04	73	4:04	-	1:38:11	-	72	38:51	245	38:51	
Heuschnupfen Ai	-	0:05	-	6	0:01	9	0:01	-	1:38:16	-	71	38:52	243	38:52	
Schlammbowle E	-	2:45	-	34	1:03	109	1:04	-	1:41:01	-	73	39:55	241	39:55	
Schlammbowle A	-	1:12	-	38	0:37	126	0:38	-	1:42:13	-	73	40:31	247	40:31	
Sportplatz Mühlb	8.00	3:39	-	17	0:20	38	0:28	16.00	1:45:52	6:36	29	40:42	98	40:42	