



## Detailed evaluation

**Townson, Martin**

Club: Saalfeld/Saale  
Number: 352

Course: 16.00 km  
Expert

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:46:23

Speed: 9.02 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 108 (of 304)

Rank in course/Men: 103 (of 252)

Best time in course: 1:05:10

Rank in category: 16(of 31)

Best time in the category: 1:09:36

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 +	-	3:14	-	18	2:02	150	2:12	-	3:14	-	18	2:02	150	2:12
Himmelsleiter +	-	4:59	-	17	2:14	145	2:27	-	8:13	-	18	4:16	147	4:39
Nordwand + Dov	-	6:45	-	26	2:50	205	3:02	-	14:58	-	19	7:06	170	7:41
Nordwand + Dov	-	1:43	-	6	0:18	35	0:34	-	16:41	-	19	7:24	150	8:13
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	16:40	-	25	16:22	174	16:27	-	33:21	-	28	12:25	71	13:51
Pneumant Einstie	-	1:11	-	19	0:50	135	0:57	-	34:32	-	31	13:15	230	14:40
Pneumant Aussti	-	0:04	-	1	-	11	0:03	-	34:36	-	31	13:13	247	14:38
Heuschnupfen Ei	-	11:47	-	14	3:54	97	4:28	-	46:23	-	32	17:07	242	19:06
Heuschnupfen Ai	-	0:07	-	21	0:02	139	0:03	-	46:30	-	31	17:07	242	19:09
Schlammbowle E	-	2:49	-	17	1:05	133	1:06	-	49:19	-	32	18:12	241	20:14
Schlammbowle A	-	0:59	-	13	0:22	85	0:25	-	50:18	-	32	18:34	248	20:38
Himmelsleiter +	-	4:21	-	10	1:21	60	1:38	-	54:39	-	31	19:55	244	22:09
Himmelsleiter +	-	4:22	-	10	1:19	63	1:35	-	59:01	-	31	21:14	244	23:38
Nordwand + Dov	-	6:30	-	16	2:20	116	2:32	-	1:05:31	-	31	23:34	244	26:07
Nordwand + Dov	-	2:10	-	22	0:46	161	1:06	-	1:07:41	-	31	24:20	244	27:06
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	18:39	-	27	18:25	200	18:28	-	1:26:20	-	30	30:51	223	34:43
Pneumant Einstie	-	0:51	-	11	0:30	61	0:31	-	1:27:11	-	28	31:21	196	35:14
Pneumant Aussti	-	0:10	-	24	0:08	153	0:08	-	1:27:21	-	31	31:24	245	35:22
Heuschnupfen Ei	-	11:45	-	13	3:51	88	4:24	-	1:39:06	-	31	35:15	245	39:46
Heuschnupfen Ai	-	0:06	-	7	0:01	58	0:02	-	1:39:12	-	31	35:15	243	39:48
Schlammbowle E	-	2:21	-	6	0:38	30	0:40	-	1:41:33	-	29	35:53	241	40:27
Schlammbowle A	-	1:01	-	9	0:23	66	0:27	-	1:42:34	-	31	36:16	247	40:52
Sportplatz Mühlb	8.00	3:49	-	11	0:31	80	0:38	16.00	1:46:23	6:38	16	36:47	103	41:13