



Detailed evaluation

Jahn, Marcel

Club: Trailrunning Harz - Helios Team
Number: 610

Course: 16.00 km
Expert

Category:
Männer (20-29 Jahre)

Total time: 1:20:22

Speed: 11.95 km/h
Running performance: 5:01 min/km

Rank in course/Total: 12 (of 304)

Rank in course/Men: 12 (of 252)

Best time in course: 1:05:10

Rank in category: 6(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 +	-	1:40	-	7	0:38	18	0:38	-	1:40	-	7	0:38	18	0:38	
Himmelsleiter +	-	3:02	-	5	0:23	11	0:30	-	4:42	-	7	1:01	17	1:08	
Nordwand + Dov	-	4:37	-	7	0:51	15	0:54	-	9:19	-	6	1:52	14	2:02	
Nordwand + Dov	-	1:23	-	5	0:14	9	0:14	-	10:42	-	6	2:06	14	2:14	
Duckmäuser Eins	-	13:16	-	5	2:36	12	2:36	-	23:58	-	4	4:42	11	4:42	
Duckmäuser Aus	-	0:16	-	8	0:03	9	0:03	-	24:14	-	4	4:44	11	4:44	
Pneumant Einstie	-	0:21	-	1	-	4	0:07	-	24:35	-	4	4:43	9	4:43	
Pneumant Aussti	-	0:07	-	23	0:04	72	0:06	-	24:42	-	4	4:44	9	4:44	
Heuschnupfen Ei	-	9:08	-	6	1:49	12	1:49	-	33:50	-	4	6:33	9	6:33	
Heuschnupfen Ai	-	0:06	-	19	0:02	50	0:02	-	33:56	-	4	6:35	9	6:35	
Schlammbowle E	-	2:05	-	7	0:21	12	0:22	-	36:01	-	4	6:56	9	6:56	
Schlammbowle A	-	0:39	-	4	0:05	10	0:05	-	36:40	-	4	7:00	9	7:00	
Himmelsleiter +	-	3:24	-	7	0:34	12	0:41	-	40:04	-	4	7:34	9	7:34	
Himmelsleiter +	-	3:33	-	9	0:40	17	0:46	-	43:37	-	4	8:14	9	8:14	
Nordwand + Dov	-	5:00	-	10	0:59	18	1:02	-	48:37	-	4	9:13	9	9:13	
Nordwand + Dov	-	1:29	-	8	0:18	17	0:25	-	50:06	-	4	9:31	9	9:31	
Duckmäuser Eins	-	13:32	-	5	2:43	12	13:15	-	1:03:38	-	4	12:14	9	12:14	
Duckmäuser Aus	-	0:12	-	2	0:01	2	0:01	-	1:03:50	-	4	12:13	9	12:13	
Pneumant Einstie	-	0:31	-	6	0:11	14	0:11	-	1:04:21	-	4	12:24	9	12:24	
Pneumant Aussti	-	0:05	-	12	0:03	34	0:03	-	1:04:26	-	4	12:27	9	12:27	
Heuschnupfen Ei	-	9:33	-	9	2:12	15	2:12	-	1:13:59	-	4	14:39	9	14:39	
Heuschnupfen Ai	-	0:07	-	42	0:03	132	0:03	-	1:14:06	-	4	14:42	9	14:42	
Schlammbowle E	-	2:00	-	5	0:18	8	0:19	-	1:16:06	-	4	15:00	9	15:00	
Schlammbowle A	-	0:47	-	7	0:12	16	0:13	-	1:16:53	-	4	15:11	9	15:11	
Sportplatz Mühlb	8.00	3:29	-	6	0:10	11	0:18	16.00	1:20:22	5:01	6	15:12	12	15:12	