



Detailed evaluation

Erdmann, Sebastian

Club: Trailrunning Harz - Helios Team
Number: 611

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:54:21

Speed: 8.40 km/h
Running performance: 7:09 min/km

Rank in course/Total: 161 (of 304)

Rank in course/Men: 150 (of 252)

Best time in course: 1:05:10

Rank in category: 28(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 +	-	2:56	-	21	1:49	126	1:54	-	2:56	-	21	1:49	126	1:54	
Himmelsleiter +	-	4:38	-	21	1:49	108	2:06	-	7:34	-	19	3:38	116	4:00	
Nordwand + Dov	-	5:50	-	22	1:55	116	2:07	-	13:24	-	20	5:33	116	6:07	
Nordwand + Dov	-	2:09	-	28	0:53	144	1:00	-	15:33	-	23	6:16	120	7:05	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Einstie	-	20:11	-	47	19:51	217	19:57	-	35:44	-	50	14:28	230	15:52	
Pneumant Aussti	-	0:08	-	20	0:06	103	0:07	-	35:52	-	52	14:32	247	15:54	
Heuschnupfen Ei	-	13:07	-	34	5:12	178	5:48	-	48:59	-	52	19:44	82	21:42	
Heuschnupfen Ai	-	0:12	-	51	0:08	233	0:08	-	49:11	-	52	19:51	242	21:50	
Schlammbowle E	-	2:41	-	16	0:55	98	0:58	-	51:52	-	51	20:46	241	22:47	
Schlammbowle A	-	1:15	-	33	0:39	161	0:41	-	53:07	-	52	21:25	248	23:27	
Himmelsleiter +	-	4:37	-	20	1:36	100	1:54	-	57:44	-	51	23:01	244	25:14	
Himmelsleiter +	-	4:59	-	30	1:56	157	2:12	-	1:02:43	-	51	24:57	244	27:20	
Nordwand + Dov	-	6:57	-	28	2:47	153	2:59	-	1:09:40	-	51	27:44	244	30:16	
Nordwand + Dov	-	2:07	-	25	0:44	142	1:03	-	1:11:47	-	51	28:27	244	31:12	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Einstie	-	22:04	-	44	21:43	191	21:44	-	1:33:51	-	46	38:02	196	41:54	
Pneumant Aussti	-	0:09	-	31	0:07	135	0:07	-	1:34:00	-	51	38:07	245	42:01	
Heuschnupfen Ei	-	12:20	-	21	4:22	116	4:59	-	1:46:20	-	51	42:29	245	47:00	
Heuschnupfen Ai	-	0:07	-	28	0:03	132	0:03	-	1:46:27	-	51	42:32	243	47:03	
Schlammbowle E	-	2:46	-	22	1:05	117	1:05	-	1:49:13	-	52	43:37	241	48:07	
Schlammbowle A	-	1:09	-	25	0:30	107	0:35	-	1:50:22	-	52	44:07	247	48:40	
Sportplatz Mühlb	8.00	3:59	-	26	0:48	137	0:48	16.00	1:54:21	7:08	28	44:55	150	49:11	