



## Detailed evaluation

### Krug, Sebastian

Club: Sportgruppe FA/UA-Btl 1  
Number: 466

Course: 16.00 km  
Expert

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:49:01

Speed: 8.81 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 123 (of 304)

Rank in course/Men: 116 (of 252)

Best time in course: 1:05:10

Rank in category: 22(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 +	-	2:47	-	17	1:40	110	1:45	-	2:47	-	17	1:40	110	1:45
Himmelsleiter +	-	4:37	-	20	1:48	106	2:05	-	7:24	-	18	3:28	108	3:50
Nordwand + Dov	-	5:28	-	10	1:33	55	1:45	-	12:52	-	15	5:01	90	5:35
Nordwand + Dov	-	2:10	-	29	0:54	147	1:01	-	15:02	-	15	5:45	91	6:34
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	17:47	-	38	17:30	188	17:34	-	32:49	-	45	11:53	214	13:19
Pneumant Einstie	-	0:58	-	22	0:38	106	0:44	-	33:47	-	50	12:31	230	13:55
Pneumant Aussti	-	0:07	-	13	0:05	72	0:06	-	33:54	-	52	12:34	247	13:56
Heuschneppen Ei	-	12:15	-	23	4:20	127	4:56	-	46:09	-	52	16:54	57	18:52
Heuschneppen Ai	-	0:05	-	2	0:01	8	0:01	-	46:14	-	52	16:54	242	18:53
Schlammbowle E	-	2:58	-	32	1:12	175	1:15	-	49:12	-	51	18:06	241	20:07
Schlammbowle A	-	1:13	-	30	0:37	149	0:39	-	50:25	-	52	18:43	248	20:45
Himmelsleiter +	-	4:33	-	18	1:32	91	1:50	-	54:58	-	51	20:15	244	22:28
Himmelsleiter +	-	4:34	-	15	1:31	95	1:47	-	59:32	-	51	21:46	244	24:09
Nordwand + Dov	-	6:07	-	14	1:57	75	2:09	-	1:05:39	-	51	23:43	244	26:15
Nordwand + Dov	-	2:10	-	29	0:47	161	1:06	-	1:07:49	-	51	24:29	244	27:14
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	19:57	-	43	19:36	188	19:37	-	1:27:46	-	46	31:57	196	35:49
Pneumant Aussti	-	0:06	-	11	0:04	52	0:04	-	1:27:52	-	51	31:59	245	35:53
Heuschneppen Ei	-	13:05	-	30	5:07	149	5:44	-	1:40:57	-	51	37:06	245	41:37
Heuschneppen Ai	-	0:04	-	1	-	1	-	-	1:41:01	-	51	37:06	243	41:37
Schlammbowle E	-	3:01	-	31	1:20	168	1:20	-	1:44:02	-	52	38:26	241	42:56
Schlammbowle A	-	1:13	-	32	0:34	134	0:39	-	1:45:15	-	52	39:00	247	43:33
Sportplatz Mühlb	8.00	3:46	-	10	0:35	63	0:35	16.00	1:49:01	6:48	22	39:35	116	43:51