



Detailed evaluation

Waldmann, Thorsten

Club: Trailrunning Harz - Helios Team
Number: 612

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:52:43

Speed: 8.52 km/h
Running performance: 7:02 min/km

Rank in course/Total: 141 (of 304)

Rank in course/Men: 134 (of 252)

Best time in course: 1:05:10

Rank in category: 20(of 35)

Best time in the category: 1:17:46

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 +	-	3:42	-	26	2:17	179	2:40	-	3:42	-	26	2:17	179	2:40	
Himmelsleiter +	-	5:21	-	30	2:20	205	2:49	-	9:03	-	26	4:36	181	5:29	
Nordwand + Dov	-	6:07	-	21	1:48	149	2:24	-	15:10	-	28	6:24	181	7:53	
Nordwand + Dov	-	2:06	-	19	0:45	129	0:57	-	17:16	-	26	7:09	173	8:48	
Duckmäuser Eins	-	17:43	-	14	5:02	85	7:03	-	34:59	-	15	12:11	98	15:43	
Duckmäuser Aus	-	0:24	-	6	0:04	57	0:11	-	35:23	-	14	12:15	96	15:53	
Pneumant Einstie	-	1:05	-	19	0:41	119	0:51	-	36:28	-	11	12:54	87	16:36	
Pneumant Aussti	-	0:07	-	11	0:05	72	0:06	-	36:35	-	11	12:56	86	16:37	
Heuschupfen Ei	-	12:23	-	21	3:30	139	5:04	-	48:58	-	10	16:26	81	21:41	
Heuschupfen Ai	-	0:07	-	18	0:02	139	0:03	-	49:05	-	10	16:27	78	21:44	
Schlammbowle E	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Schlammbowle A	-	3:55	-	33	3:09	244	3:21	-	53:00	-	34	17:32	248	23:20	
Himmelsleiter +	-	4:31	-	13	1:07	83	1:48	-	57:31	-	34	18:39	244	25:01	
Himmelsleiter +	-	4:42	-	18	1:17	114	1:55	-	1:02:13	-	34	19:56	244	26:50	
Nordwand + Dov	-	6:27	-	21	1:44	112	2:29	-	1:08:40	-	34	21:40	244	29:16	
Nordwand + Dov	-	2:01	-	18	0:36	119	0:57	-	1:10:41	-	34	22:16	244	30:06	
Duckmäuser Eins	-	18:44	-	17	18:27	99	18:27	-	1:29:25	-	26	27:51	191	38:01	
Duckmäuser Aus	-	0:23	-	9	0:11	57	0:12	-	1:29:48	-	32	27:52	223	38:11	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	1:21	-	32	1:18	223	1:19	-	1:31:09	-	36	28:44	245	39:10	
Heuschupfen Ei	-	13:00	-	23	4:04	145	5:39	-	1:44:09	-	36	32:48	245	44:49	
Heuschupfen Ai	-	0:07	-	19	0:02	132	0:03	-	1:44:16	-	36	32:50	243	44:52	
Schlammbowle E	-	3:05	-	23	1:01	176	1:24	-	1:47:21	-	34	33:51	241	46:15	
Schlammbowle A	-	1:21	-	23	0:37	172	0:47	-	1:48:42	-	36	34:25	247	47:00	
Sportplatz Mühlb	8.00	4:01	-	21	0:32	153	0:50	16.00	1:52:43	7:02	20	34:57	134	47:33	