



## Detailed evaluation

Dembeck, Nils

Club: Sportgruppe FA/UA-Btl 1  
Number: 472

Course: 16.00 km  
Expert

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:41:12

Speed: 9.49 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 72 (of 304)

Rank in course/Men: 67 (of 252)

Best time in course: 1:05:10

Rank in category: 14(of 42)

Best time in the category: 1:05:21

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 +	-	2:48	-	21	1:46	113	1:46	-	2:48	-	21	1:46	113	1:46	
Himmelsleiter +	-	4:33	-	19	2:01	98	2:01	-	7:21	-	21	3:47	105	3:47	
Nordwand + Dov	-	5:11	-	6	1:28	31	1:28	-	12:32	-	14	5:15	72	5:15	
Nordwand + Dov	-	1:49	-	14	0:38	61	0:40	-	14:21	-	14	5:53	73	5:53	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	15:22	-	21	15:07	165	15:09	-	29:43	-	35	6:04	214	10:13	
Pneumant Einstie	-	0:36	-	9	0:22	38	0:22	-	30:19	-	42	6:16	230	10:27	
Pneumant Aussti	-	0:09	-	29	0:08	133	0:08	-	30:28	-	43	6:20	247	10:30	
Heuschnupfen Ei	-	12:31	-	27	5:01	144	5:12	-	42:59	-	42	9:55	242	15:42	
Heuschnupfen Ai	-	0:06	-	10	0:02	50	0:02	-	43:05	-	43	9:55	242	15:44	
Schlammbowle E	-	2:28	-	11	0:45	46	0:45	-	45:33	-	43	10:14	241	16:28	
Schlammbowle A	-	1:08	-	26	0:34	131	0:34	-	46:41	-	43	10:45	248	17:01	
Himmelsleiter +	-	4:04	-	8	1:21	36	1:21	-	50:45	-	43	11:28	244	18:15	
Himmelsleiter +	-	4:14	-	11	1:27	48	1:27	-	54:59	-	43	12:12	244	19:36	
Nordwand + Dov	-	5:51	-	9	1:53	49	1:53	-	1:00:50	-	43	13:13	244	21:26	
Nordwand + Dov	-	2:05	-	29	1:01	136	1:01	-	1:02:55	-	43	13:48	244	22:20	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	17:54	-	32	17:38	192	17:43	-	1:20:49	-	37	18:14	223	29:12	
Pneumant Einstie	-	0:41	-	6	0:19	37	0:21	-	1:21:30	-	31	18:31	196	29:33	
Pneumant Aussti	-	0:06	-	10	0:04	52	0:04	-	1:21:36	-	43	18:33	245	29:37	
Heuschnupfen Ei	-	11:37	-	16	4:10	81	4:16	-	1:33:13	-	43	21:17	245	33:53	
Heuschnupfen Ai	-	0:07	-	20	0:03	132	0:03	-	1:33:20	-	42	21:19	243	33:56	
Schlammbowle E	-	2:41	-	15	0:58	96	1:00	-	1:36:01	-	42	21:59	241	34:55	
Schlammbowle A	-	1:16	-	23	0:42	148	0:42	-	1:37:17	-	7	22:32	34	35:35	
Sportplatz Mühlb	8.00	3:55	-	21	0:37	115	0:44	16.00	1:41:12	6:19	14	35:51	67	36:02	