



## Detailed evaluation

**Köcher, Mathias**

Club: Crossfit  
Number: 24

Course: 8.00 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 47:03

Speed: 10.20 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 17 (of 292)

Rank in course/Men: 16 (of 192)

Best time in course: 38:15

Rank in category: 3(of 29)

Best time in the category: 43:19

Control	Intermediate times						Stage score				Total ranking			
	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 +	-	2:08	-	4	0:20	20	0:46	-	2:08	-	4	0:20	20	0:46
Himmelsleiter +	-	4:01	-	5	0:37	32	1:11	-	6:09	-	4	0:52	25	1:57
Nordwand + Dov	-	5:23	-	3	0:22	17	0:58	-	11:32	-	4	1:14	20	2:53
Nordwand + Dov	-	1:45	-	3	0:15	19	0:17	-	13:17	-	4	1:29	20	3:06
Duckmäuser Eins	-	15:16	-	3	1:14	14	2:55	-	28:33	-	3	2:43	13	5:47
Duckmäuser Aus	-	0:23	-	6	0:07	32	0:07	-	28:56	-	3	2:50	12	5:52
Pneumant Einstie	-	0:31	-	3	0:02	16	0:10	-	29:27	-	3	2:50	11	5:59
Pneumant Aussti	-	0:08	-	5	0:04	52	0:05	-	29:35	-	3	2:52	11	6:01
Heuschnupfen Ei	-	10:20	-	2	0:24	12	1:36	-	39:55	-	3	3:16	11	7:37
Heuschnupfen Ai	-	0:05	-	1	-	10	0:01	-	40:00	-	3	3:14	11	7:38
Schlammbowle E	-	2:22	-	2	0:10	21	0:27	-	42:22	-	3	3:24	11	8:04
Schlammbowle A	-	0:42	-	1	-	6	0:08	-	43:04	-	3	3:21	10	8:12
Sportplatz Mühlb	8.00	3:59	-	10	0:23	67	0:36	8.00	47:03	5:52	3	3:44	16	8:48