



## Detailed evaluation

### Seebeck, Ronny

Club: Sport Fundgrube Rudolstadt  
Number: 438

Course: 16.00 km  
Expert

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:10:29

Speed: 7.36 km/h  
Running performance: 8:10 min/km

Rank in course/Total: 245 (of 304)

Rank in course/Men: 219 (of 252)

Best time in course: 1:05:10

Rank in category: 30(of 31)

Best time in the category: 1:09:36

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 +	-	4:26	-	30	3:14	215	3:24	-	4:26	-	30	3:14	215	3:24
Himmelsleiter +	-	5:25	-	29	2:40	218	2:53	-	9:51	-	29	5:54	217	6:17
Nordwand + Dov	-	6:46	-	28	2:51	208	3:03	-	16:37	-	29	8:45	218	9:20
Nordwand + Dov	-	2:35	-	29	1:10	227	1:26	-	19:12	-	30	9:55	221	10:44
Duckmäuser Eins	-	20:04	-	21	8:46	129	9:24	-	39:16	-	21	18:41	132	20:00
Duckmäuser Aus	-	0:39	-	22	0:21	148	0:26	-	39:55	-	21	18:59	129	20:25
Pneumant Einstie	-	1:23	-	24	1:02	166	1:09	-	41:18	-	21	20:01	121	21:26
Pneumant Aussti	-	0:17	-	28	0:13	218	0:16	-	41:35	-	20	20:12	120	21:37
Heuschnupfen Ei	-	13:49	-	27	5:56	209	6:30	-	55:24	-	20	26:08	117	28:07
Heuschnupfen Ai	-	0:07	-	21	0:02	139	0:03	-	55:31	-	19	26:08	113	28:10
Schlammbowle E	-	3:09	-	30	1:25	211	1:26	-	58:40	-	19	27:33	110	29:35
Schlammbowle A	-	1:30	-	29	0:53	211	0:56	-	1:00:10	-	19	28:26	109	30:30
Himmelsleiter +	-	5:39	-	29	2:39	217	2:56	-	1:05:49	-	19	31:05	108	33:19
Himmelsleiter +	-	5:32	-	29	2:29	215	2:45	-	1:11:21	-	19	33:34	108	35:58
Nordwand + Dov	-	8:05	-	30	3:55	225	4:07	-	1:19:26	-	19	37:29	109	40:02
Nordwand + Dov	-	2:27	-	28	1:03	214	1:23	-	1:21:53	-	19	38:32	109	41:18
Duckmäuser Eins	-	22:43	-	24	10:52	173	22:26	-	1:44:36	-	19	49:24	98	53:12
Duckmäuser Aus	-	0:30	-	20	0:16	135	0:19	-	1:45:06	-	19	49:37	97	53:29
Pneumant Einstie	-	1:32	-	24	1:11	150	1:12	-	1:46:38	-	18	50:48	87	54:41
Pneumant Aussti	-	0:06	-	7	0:04	52	0:04	-	1:46:44	-	18	50:47	87	54:45
Heuschnupfen Ei	-	14:59	-	29	7:05	212	7:38	-	2:01:43	-	18	57:52	87	1:02:23
Heuschnupfen Ai	-	0:07	-	21	0:02	132	0:03	-	2:01:50	-	18	57:53	87	1:02:26
Schlammbowle E	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Schlammbowle A	-	4:32	-	30	3:54	243	3:58	-	2:06:22	-	31	1:00:04	247	1:04:40
Sportplatz Mühlb	8.00	4:07	-	27	0:49	179	0:56	16.00	2:10:29	8:09	30	1:00:53	219	1:05:19