



Detailed evaluation

Stöhr, Markus

Club: Erfurt
Number: 483

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:29:19

Speed: 10.75 km/h
Running performance: 5:35 min/km

Rank in course/Total: 29 (of 304)

Rank in course/Men: 28 (of 252)

Best time in course: 1:05:10

Rank in category: 5(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 +	-	2:00	-	6	0:53	32	0:58	-	2:00	-	6	0:53	32	0:58	
Himmelsleiter +	-	3:20	-	5	0:31	22	0:48	-	5:20	-	6	1:24	30	1:46	
Nordwand + Dov	-	4:56	-	3	1:01	21	1:13	-	10:16	-	5	2:25	27	2:59	
Nordwand + Dov	-	1:39	-	5	0:23	32	0:30	-	11:55	-	4	2:38	27	3:27	
Duckmäuser Eins	-	14:17	-	4	2:59	18	3:37	-	26:12	-	4	5:37	18	6:56	
Duckmäuser Aus	-	0:20	-	7	0:03	26	0:07	-	26:32	-	4	5:36	18	7:02	
Pneumant Einstie	-	0:33	-	5	0:13	29	0:19	-	27:05	-	3	5:49	16	7:13	
Pneumant Aussti	-	0:09	-	30	0:07	133	0:08	-	27:14	-	4	5:54	17	7:16	
Heuschupfen Ei	-	10:35	-	6	2:40	33	3:16	-	37:49	-	4	8:34	17	10:32	
Heuschupfen Ai	-	0:07	-	34	0:03	139	0:03	-	37:56	-	4	8:36	17	10:35	
Schlammbowle E	-	2:15	-	4	0:29	21	0:32	-	40:11	-	4	9:05	17	11:06	
Schlammbowle A	-	0:49	-	5	0:13	29	0:15	-	41:00	-	4	9:18	17	11:20	
Himmelsleiter +	-	3:45	-	3	0:44	21	1:02	-	44:45	-	4	10:02	17	12:15	
Himmelsleiter +	-	3:51	-	3	0:48	26	1:04	-	48:36	-	4	10:50	17	13:13	
Nordwand + Dov	-	5:19	-	4	1:09	23	1:21	-	53:55	-	4	11:59	17	14:31	
Nordwand + Dov	-	1:50	-	8	0:27	52	0:46	-	55:45	-	4	12:25	17	15:10	
Duckmäuser Eins	-	15:13	-	5	3:22	27	14:56	-	1:10:58	-	4	15:47	17	19:34	
Duckmäuser Aus	-	0:25	-	19	0:10	88	0:14	-	1:11:23	-	4	15:55	17	19:46	
Pneumant Einstie	-	0:41	-	8	0:20	37	0:21	-	1:12:04	-	4	16:15	17	20:07	
Pneumant Aussti	-	0:08	-	22	0:06	103	0:06	-	1:12:12	-	4	16:19	17	20:13	
Heuschupfen Ei	-	10:19	-	6	2:21	29	2:58	-	1:22:31	-	4	18:40	17	23:11	
Heuschupfen Ai	-	0:07	-	28	0:03	132	0:03	-	1:22:38	-	4	18:43	17	23:14	
Schlammbowle E	-	2:13	-	5	0:32	20	0:32	-	1:24:51	-	4	19:15	17	23:45	
Schlammbowle A	-	0:53	-	7	0:14	35	0:19	-	1:25:44	-	4	19:29	17	24:02	
Sportplatz Mühlb	8.00	3:35	-	3	0:24	23	0:24	16.00	1:29:19	5:34	5	19:53	28	24:09	