



Detailed evaluation

Albrecht, Dirk

Club: Team Helbing
Number: 618

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:07:08

Speed: 7.55 km/h
Running performance: 7:57 min/km

Rank in course/Total: 236 (of 304)

Rank in course/Men: 212 (of 252)

Best time in course: 1:05:10

Rank in category: 30(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 +	-	3:09	-	21	1:44	144	2:07	-	3:09	-	21	1:44	144	2:07
Himmelsleiter +	-	5:06	-	24	2:05	161	2:34	-	8:15	-	21	3:48	149	4:41
Nordwand + Dov	-	6:23	-	27	2:04	176	2:40	-	14:38	-	23	5:52	158	7:21
Nordwand + Dov	-	2:19	-	25	0:58	178	1:10	-	16:57	-	24	6:50	161	8:29
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	20:31	-	28	20:11	206	20:18	-	37:28	-	31	14:20	214	17:58
Pneumant Einstie	-	0:41	-	10	0:17	54	0:27	-	38:09	-	31	14:35	230	18:17
Pneumant Aussti	-	0:10	-	22	0:08	164	0:09	-	38:19	-	35	14:40	247	18:21
Heuschnupfen Ei	-	13:53	-	30	5:00	213	6:34	-	52:12	-	33	19:40	242	24:55
Heuschnupfen Ai	-	0:07	-	18	0:02	139	0:03	-	52:19	-	33	19:41	242	24:58
Schlammbowle E	-	3:05	-	28	1:01	198	1:22	-	55:24	-	33	20:42	241	26:19
Schlammbowle A	-	1:21	-	25	0:35	186	0:47	-	56:45	-	34	21:17	248	27:05
Himmelsleiter +	-	5:38	-	29	2:14	216	2:55	-	1:02:23	-	34	23:31	244	29:53
Himmelsleiter +	-	5:52	-	32	2:27	238	3:05	-	1:08:15	-	34	25:58	244	32:52
Nordwand + Dov	-	7:57	-	30	3:14	216	3:59	-	1:16:12	-	34	29:12	244	36:48
Nordwand + Dov	-	2:31	-	31	1:06	226	1:27	-	1:18:43	-	34	30:18	244	38:08
Duckmäuser Eins	-	22:09	-	23	21:52	164	21:52	-	1:40:52	-	26	39:18	191	49:28
Duckmäuser Aus	-	0:40	-	24	0:28	174	0:29	-	1:41:32	-	32	39:36	223	49:55
Pneumant Einstie	-	1:14	-	16	0:54	121	0:54	-	1:42:46	-	26	40:25	196	50:49
Pneumant Aussti	-	0:11	-	22	0:08	174	0:09	-	1:42:57	-	36	40:32	245	50:58
Heuschnupfen Ei	-	14:50	-	28	5:54	207	7:29	-	1:57:47	-	36	46:26	245	58:27
Heuschnupfen Ai	-	0:09	-	30	0:04	212	0:05	-	1:57:56	-	36	46:30	243	58:32
Schlammbowle E	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Schlammbowle A	-	4:48	-	34	4:04	244	4:14	-	2:02:44	-	36	48:27	247	1:01:02
Sportplatz Mühlb	8.00	4:24	-	31	0:55	226	1:13	16.00	2:07:08	7:56	30	49:22	212	1:01:58