



Detailed evaluation

Szabó, Lajos

Club: Rudolstadt
Number: 482

Course: 16.00 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:05:33

Speed: 7.65 km/h
Running performance: 7:51 min/km

Rank in course/Total: 221 (of 304)

Rank in course/Men: 199 (of 252)

Best time in course: 1:05:10

Rank in category: 35(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 +	-	4:08	-	37	3:06	200	3:06	-	4:08	-	37	3:06	200	3:06	
Himmelsleiter +	-	5:25	-	39	2:53	218	2:53	-	9:33	-	37	5:59	208	5:59	
Nordwand + Dov	-	6:47	-	40	3:04	212	3:04	-	16:20	-	39	9:03	210	9:03	
Nordwand + Dov	-	2:35	-	40	1:24	227	1:26	-	18:55	-	39	10:27	211	10:27	
Duckmäuser Eins	-	19:39	-	16	6:57	123	8:59	-	38:34	-	17	15:19	128	19:18	
Duckmäuser Aus	-	0:40	-	19	0:25	152	0:27	-	39:14	-	16	15:35	127	19:44	
Pneumant Einstie	-	1:26	-	28	1:12	171	1:12	-	40:40	-	16	16:37	117	20:48	
Pneumant Aussti	-	0:08	-	21	0:07	103	0:07	-	40:48	-	16	16:40	116	20:50	
Heuschnupfen Ei	-	13:19	-	36	5:49	187	6:00	-	54:07	-	15	21:03	111	26:50	
Heuschnupfen Ai	-	0:08	-	31	0:04	194	0:04	-	54:15	-	15	21:05	107	26:54	
Schlammbowle E	-	2:49	-	29	1:06	133	1:06	-	57:04	-	14	21:45	104	27:59	
Schlammbowle A	-	1:20	-	33	0:46	182	0:46	-	58:24	-	14	22:28	104	28:44	
Himmelsleiter +	-	5:10	-	34	2:27	177	2:27	-	1:03:34	-	15	24:17	104	31:04	
Himmelsleiter +	-	5:38	-	39	2:51	222	2:51	-	1:09:12	-	15	26:25	105	33:49	
Nordwand + Dov	-	7:39	-	37	3:41	204	3:41	-	1:16:51	-	15	29:14	106	37:27	
Nordwand + Dov	-	2:23	-	37	1:19	201	1:19	-	1:19:14	-	15	30:07	106	38:39	
Duckmäuser Eins	-	20:52	-	24	10:01	143	20:35	-	1:40:06	-	14	37:51	92	48:42	
Duckmäuser Aus	-	0:38	-	28	0:22	171	0:27	-	1:40:44	-	14	38:09	93	49:07	
Pneumant Einstie	-	2:00	-	27	1:38	173	1:40	-	1:42:44	-	12	39:45	84	50:47	
Pneumant Aussti	-	0:07	-	15	0:05	80	0:05	-	1:42:51	-	12	39:48	84	50:52	
Heuschnupfen Ei	-	13:34	-	32	6:07	175	6:13	-	1:56:25	-	11	44:29	82	57:05	
Heuschnupfen Ai	-	0:07	-	20	0:03	132	0:03	-	1:56:32	-	11	44:31	82	57:08	
Schlammbowle E	-	3:00	-	34	1:17	163	1:19	-	1:59:32	-	11	45:30	80	58:26	
Schlammbowle A	-	1:47	-	40	1:13	229	1:13	-	2:01:19	-	11	46:34	80	59:37	
Sportplatz Mühlb	8.00	4:14	-	37	0:56	204	1:03	16.00	2:05:33	7:50	35	1:00:12	199	1:00:23	