



Detailed evaluation

Heinz, Marcus

Club: Erfurt
Number: 279

Course: 8.00 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 59:11

Speed: 8.11 km/h
Running performance: 7:24 min/km

Rank in course/Total: 100 (of 292)

Rank in course/Men: 84 (of 192)

Best time in course: 38:15

Rank in category: 14(of 38)

Best time in the category: 45:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Himmelsleiter +	-	4:10	-	27	2:24	129	2:48	-	4:10	-	27	2:24	129	2:48
Himmelsleiter +	-	5:13	-	21	1:43	106	2:23	-	9:23	-	26	4:07	124	5:11
Nordwand + Dov	-	6:33	-	14	1:18	88	2:08	-	15:56	-	24	5:25	115	7:17
Nordwand + Dov	-	2:23	-	16	0:45	91	0:55	-	18:19	-	22	6:05	113	8:08
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	18:35	-	26	18:16	128	18:19	-	36:54	-	34	9:02	166	13:50
Pneumant Einstie	-	1:03	-	16	0:39	94	0:42	-	37:57	-	38	9:29	184	14:29
Pneumant Aussti	-	0:06	-	4	0:01	19	0:03	-	38:03	-	39	9:30	192	14:29
Heuschnupfen Ei	-	12:56	-	20	3:02	97	4:12	-	50:59	-	38	12:32	188	18:41
Heuschnupfen Ai	-	0:06	-	14	0:02	65	0:02	-	51:05	-	39	12:33	190	18:43
Schlammbowle E	-	2:46	-	20	0:41	91	0:51	-	53:51	-	39	13:06	189	19:33
Schlammbowle A	-	1:24	-	30	0:40	139	0:50	-	55:15	-	39	13:46	191	20:23
Sportplatz Mühlb	8.00	3:56	-	12	0:16	58	0:33	8.00	59:11	7:23	14	13:59	84	20:56