



Detailed evaluation

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Club: Arnstadt läuft
Number: 160

Course: 8.00 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 57:40

Speed: 8.32 km/h
Running performance: 7:13 min/km

Rank in course/Total: 88 (of 292)

Rank in course/Men: 75 (of 192)

Best time in course: 38:15

Rank in category: 12(of 29)

Best time in the category: 43:19

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 +	-	3:43	-	20	1:55	114	2:21	-	3:43	-	20	1:55	114	2:21
Himmelsleiter +	-	5:15	-	18	1:51	112	2:25	-	8:58	-	19	3:41	115	4:46
Nordwand + Dov	-	6:19	-	13	1:18	70	1:54	-	15:17	-	17	4:59	99	6:38
Nordwand + Dov	-	2:24	-	17	0:54	95	0:56	-	17:41	-	17	5:53	99	7:30
Duckmäuser Eins	-	18:22	-	11	4:20	59	6:01	-	36:03	-	13	10:13	73	13:17
Duckmäuser Aus	-	0:26	-	11	0:10	62	0:10	-	36:29	-	13	10:23	72	13:25
Pneumant Einstie	-	0:45	-	8	0:16	54	0:24	-	37:14	-	13	10:37	66	13:46
Pneumant Aussti	-	0:11	-	13	0:07	112	0:08	-	37:25	-	13	10:42	66	13:51
Heuschnupfen Ei	-	12:24	-	9	2:28	72	3:40	-	49:49	-	13	13:10	65	17:31
Heuschnupfen Ai	-	0:06	-	5	0:01	65	0:02	-	49:55	-	11	13:09	63	17:33
Schlammbowle E	-	2:50	-	14	0:38	104	0:55	-	52:45	-	11	13:47	61	18:27
Schlammbowle A	-	1:02	-	12	0:20	77	0:28	-	53:47	-	11	14:04	61	18:55
Sportplatz Mühlb	8.00	3:53	-	5	0:17	49	0:30	8.00	57:40	7:12	12	14:21	75	19:25