



Detailed evaluation

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Club: Coburg Locals / RunningBros
Number: 233

Course: 8.00 km
Sprint

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:03:56

Speed: 7.51 km/h
Running performance: 7:59 min/km

Rank in course/Total: 158 (of 292)

Rank in course/Men: 124 (of 192)

Best time in course: 38:15

Rank in category: 1(of 4)

Best time in the category: 1:03:56

Control	Intermediate times					Stage score				Total ranking					
	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 +	-	3:48	-	1	-	122	2:26	-	3:48	-	1	-	122	2:26	
Himmelsleiter +	-	5:29	-	1	-	121	2:39	-	9:17	-	1	-	121	5:05	
Nordwand + Dov	-	6:48	-	1	-	111	2:23	-	16:05	-	1	-	118	7:26	
Nordwand + Dov	-	2:41	-	1	-	152	1:13	-	18:46	-	1	-	120	8:35	
Duckmäuser Eins	-	19:46	-	1	-	86	7:25	-	38:32	-	1	-	86	15:46	
Duckmäuser Aus	-	1:16	-	1	-	121	1:00	-	39:48	-	1	-	89	16:44	
Pneumant Einstie	-	1:13	-	1	-	117	0:52	-	41:01	-	1	-	85	17:33	
Pneumant Aussti	-	0:13	-	3	0:07	146	0:10	-	41:14	-	1	-	86	17:40	
Heuschnupfen Ei	-	13:27	-	1	-	115	4:43	-	54:41	-	1	-	85	22:23	
Heuschnupfen Ai	-	0:07	-	3	0:02	122	0:03	-	54:48	-	1	-	83	22:26	
Schlammbowle E	-	3:04	-	1	-	130	1:09	-	57:52	-	1	-	82	23:34	
Schlammbowle A	-	1:50	-	1	-	172	1:16	-	59:42	-	1	-	85	24:50	
Sportplatz Mühlb	8.00	4:14	-	1	-	116	0:51	8.00	1:03:56	7:59	1	-	124	25:41	