



Detailed evaluation

Heß, Oliver

Club: Bauer sucht Schlamm
Number: 77

Course: 8.00 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:00:41

Speed: 7.91 km/h
Running performance: 7:35 min/km

Rank in course/Total: 132 (of 292)

Rank in course/Men: 105 (of 192)

Best time in course: 38:15

Rank in category: 18(of 38)

Best time in the category: 45:12

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 +	-	3:36	-	22	1:50	105	2:14	-	3:36	-	22	1:50	105	2:14
Himmelsleiter +	-	4:54	-	17	1:24	83	2:04	-	8:30	-	19	3:14	94	4:18
Nordwand + Dov	-	6:29	-	12	1:14	80	2:04	-	14:59	-	16	4:28	89	6:20
Nordwand + Dov	-	2:27	-	19	0:49	110	0:59	-	17:26	-	16	5:12	90	7:15
Duckmäuser Eins	-	19:28	-	13	4:48	81	7:07	-	36:54	-	14	9:24	81	14:08
Duckmäuser Aus	-	0:23	-	9	0:04	32	0:07	-	37:17	-	14	9:25	79	14:13
Pneumant Einstie	-	1:22	-	21	0:58	128	1:01	-	38:39	-	14	10:11	79	15:11
Pneumant Aussti	-	0:07	-	10	0:02	39	0:04	-	38:46	-	14	10:13	78	15:12
Heuschnupfen Ei	-	14:00	-	28	4:06	128	5:16	-	52:46	-	14	14:19	79	20:28
Heuschnupfen Ai	-	0:05	-	5	0:01	10	0:01	-	52:51	-	14	14:19	77	20:29
Schlammbowle E	-	2:38	-	16	0:33	65	0:43	-	55:29	-	14	14:44	76	21:11
Schlammbowle A	-	1:10	-	23	0:26	103	0:36	-	56:39	-	14	15:10	77	21:47
Sportplatz Mühlb	8.00	4:02	-	14	0:22	78	0:39	8.00	1:00:41	7:35	18	15:29	105	22:26