



## Detailed evaluation

### Ickrath, Sebastian

Club: Urbach  
Number: 208

Course: 8.00 km  
Sprint

Category:  
Senioren M35 (35-39 Jahre)

Total time: 49:49

Speed: 9.64 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 34 (of 292)

Rank in course/Men: 32 (of 192)

Best time in course: 38:15

Rank in category: 5(of 31)

Best time in the category: 44:14

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 +	-	2:17	-	5	0:18	32	0:55	-	2:17	-	5	0:18	32	0:55
Himmelsleiter +	-	4:03	-	4	0:39	35	1:13	-	6:20	-	5	0:57	32	2:08
Nordwand + Dov	-	5:42	-	6	0:41	28	1:17	-	12:02	-	4	1:38	28	3:23
Nordwand + Dov	-	1:43	-	3	0:14	15	0:15	-	13:45	-	4	1:52	26	3:34
Duckmäuser Eins	-	16:17	-	6	1:45	29	3:56	-	30:02	-	4	3:37	23	7:16
Duckmäuser Aus	-	0:24	-	4	0:05	43	0:08	-	30:26	-	3	2:11	23	7:22
Pneumant Einstie	-	0:41	-	6	0:13	45	0:20	-	31:07	-	1	-	21	7:39
Pneumant Aussti	-	0:05	-	3	0:02	8	0:02	-	31:12	-	1	-	21	7:38
Heuschnupfen Ei	-	11:19	-	7	1:23	39	2:35	-	42:31	-	2	0:11	23	10:13
Heuschnupfen Ai	-	0:05	-	1	-	10	0:01	-	42:36	-	2	0:11	22	10:14
Schlammbowle E	-	2:32	-	9	0:20	50	0:37	-	45:08	-	2	0:19	23	10:50
Schlammbowle A	-	0:49	-	6	0:14	26	0:15	-	45:57	-	2	0:18	22	11:05
Sportplatz Mühlb	8.00	3:52	-	7	0:15	46	0:29	8.00	49:49	6:13	5	5:35	32	11:34