



Detailed evaluation

Poßner, Ronny

Club: Dream Team
Number: 625

Course: 16.00 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:47:10

Speed: 8.96 km/h
Running performance: 6:42 min/km

Rank in course/Total: 110 (of 304)

Rank in course/Men: 104 (of 252)

Best time in course: 1:05:10

Rank in category: 20(of 42)

Best time in the category: 1:05:21

| 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 + | - | 3:38 | - | 34 | 2:36 | 176 | 2:36 | - | 3:38 | - | 34 | 2:36 | 176 | 2:36 | |
| Himmelsleiter + | - | 5:08 | - | 32 | 2:36 | 166 | 2:36 | - | 8:46 | - | 32 | 5:12 | 172 | 5:12 | |
| Nordwand + Dov | - | 5:28 | - | 12 | 1:45 | 55 | 1:45 | - | 14:14 | - | 24 | 6:57 | 142 | 6:57 | |
| Nordwand + Dov | - | 1:56 | - | 18 | 0:45 | 84 | 0:47 | - | 16:10 | - | 24 | 7:42 | 136 | 7:42 | |
| Duckmäuser Eins | - | 18:04 | - | 14 | 5:22 | 96 | 7:24 | - | 34:14 | - | 11 | 10:59 | 88 | 14:58 | |
| Duckmäuser Aus | - | 0:23 | - | 7 | 0:08 | 48 | 0:10 | - | 34:37 | - | 11 | 10:58 | 86 | 15:07 | |
| Pneumant Einstie | - | 1:05 | - | 22 | 0:51 | 119 | 0:51 | - | 35:42 | - | 11 | 11:39 | 80 | 15:50 | |
| Pneumant Aussti | - | 0:08 | - | 21 | 0:07 | 103 | 0:07 | - | 35:50 | - | 11 | 11:42 | 79 | 15:52 | |
| Heuschupfen Ei | - | 11:48 | - | 19 | 4:18 | 98 | 4:29 | - | 47:38 | - | 10 | 14:34 | 71 | 20:21 | |
| Heuschupfen Ai | - | 0:10 | - | 38 | 0:06 | 223 | 0:06 | - | 47:48 | - | 10 | 14:38 | 69 | 20:27 | |
| Schlammbowle E | - | 2:40 | - | 19 | 0:57 | 91 | 0:57 | - | 50:28 | - | 10 | 15:09 | 67 | 21:23 | |
| Schlammbowle A | - | 1:11 | - | 27 | 0:37 | 143 | 0:37 | - | 51:39 | - | 10 | 15:43 | 66 | 21:59 | |
| Himmelsleiter + | - | 5:34 | - | 40 | 2:51 | 215 | 2:51 | - | 57:13 | - | 11 | 17:56 | 72 | 24:43 | |
| Himmelsleiter + | - | 4:26 | - | 13 | 1:39 | 73 | 1:39 | - | 1:01:39 | - | 11 | 18:52 | 72 | 26:16 | |
| Nordwand + Dov | - | 5:54 | - | 11 | 1:56 | 51 | 1:56 | - | 1:07:33 | - | 10 | 19:56 | 64 | 28:09 | |
| Nordwand + Dov | - | 1:57 | - | 20 | 0:53 | 84 | 0:53 | - | 1:09:30 | - | 10 | 20:23 | 64 | 28:55 | |
| Duckmäuser Eins | - | 17:01 | - | 8 | 6:10 | 52 | 16:44 | - | 1:26:31 | - | 10 | 24:16 | 53 | 35:07 | |
| Duckmäuser Aus | - | 0:23 | - | 10 | 0:07 | 57 | 0:12 | - | 1:26:54 | - | 10 | 24:19 | 53 | 35:17 | |
| Pneumant Einstie | - | 0:57 | - | 14 | 0:35 | 84 | 0:37 | - | 1:27:51 | - | 9 | 24:52 | 46 | 35:54 | |
| Pneumant Aussti | - | 0:10 | - | 26 | 0:08 | 153 | 0:08 | - | 1:28:01 | - | 9 | 24:58 | 46 | 36:02 | |
| Heuschupfen Ei | - | 11:19 | - | 11 | 3:52 | 64 | 3:58 | - | 1:39:20 | - | 9 | 27:24 | 45 | 40:00 | |
| Heuschupfen Ai | - | 0:07 | - | 20 | 0:03 | 132 | 0:03 | - | 1:39:27 | - | 9 | 27:26 | 45 | 40:03 | |
| Schlammbowle E | - | 2:39 | - | 14 | 0:56 | 85 | 0:58 | - | 1:42:06 | - | 9 | 28:04 | 44 | 41:00 | |
| Schlammbowle A | - | 1:02 | - | 15 | 0:28 | 75 | 0:28 | - | 1:43:08 | - | 9 | 28:23 | 44 | 41:26 | |
| Sportplatz Mühlb | 8.00 | 4:02 | - | 28 | 0:44 | 157 | 0:51 | 16.00 | 1:47:10 | 6:41 | 20 | 41:49 | 104 | 42:00 | |