



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	