



## Detailed evaluation

**Sander, Martin**

Club: Team Helbing  
Number: 510

Course: 16.00 km  
Expert

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:25:18

Speed: 11.25 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 19 (of 304)

Rank in course/Men: 19 (of 252)

Best time in course: 1:05:10

Rank in category: 3(of 31)

Best time in the category: 1:09:36

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 +	-	1:45	-	2	0:33	23	0:43	-	1:45	-	2	0:33	23	0:43	
Himmelsleiter +	-	3:28	-	3	0:43	27	0:56	-	5:13	-	2	1:16	26	1:39	
Nordwand + Dov	-	4:51	-	2	0:56	19	1:08	-	10:04	-	2	2:12	22	2:47	
Nordwand + Dov	-	1:31	-	3	0:06	21	0:22	-	11:35	-	2	2:18	21	3:07	
Duckmäuser Eins	-	13:30	-	2	2:12	13	2:50	-	25:05	-	2	4:30	13	5:49	
Duckmäuser Aus	-	0:31	-	19	0:13	125	0:18	-	25:36	-	2	4:40	13	6:06	
Pneumant Einstie	-	0:29	-	3	0:08	19	0:15	-	26:05	-	2	4:48	13	6:13	
Pneumant Aussti	-	0:07	-	10	0:03	72	0:06	-	26:12	-	2	4:49	13	6:14	
Heuschupfen Ei	-	9:30	-	2	1:37	18	2:11	-	35:42	-	2	6:26	13	8:25	
Heuschupfen Ai	-	0:05	-	1	-	8	0:01	-	35:47	-	2	6:24	13	8:26	
Schlammbowle E	-	2:12	-	2	0:28	16	0:29	-	37:59	-	2	6:52	13	8:54	
Schlammbowle A	-	0:47	-	5	0:10	24	0:13	-	38:46	-	2	7:02	13	9:06	
Himmelsleiter +	-	3:49	-	3	0:49	24	1:06	-	42:35	-	2	7:51	13	10:05	
Himmelsleiter +	-	3:47	-	3	0:44	24	1:00	-	46:22	-	2	8:35	13	10:59	
Nordwand + Dov	-	5:19	-	2	1:09	23	1:21	-	51:41	-	2	9:44	13	12:17	
Nordwand + Dov	-	1:34	-	2	0:10	23	0:30	-	53:15	-	2	9:54	13	12:40	
Duckmäuser Eins	-	14:20	-	2	2:29	20	14:03	-	1:07:35	-	2	12:23	13	16:11	
Duckmäuser Aus	-	0:23	-	11	0:09	57	0:12	-	1:07:58	-	2	12:29	13	16:21	
Pneumant Einstie	-	0:31	-	2	0:10	14	0:11	-	1:08:29	-	2	12:39	13	16:32	
Pneumant Aussti	-	0:07	-	10	0:05	80	0:05	-	1:08:36	-	2	12:39	13	16:37	
Heuschupfen Ei	-	10:07	-	3	2:13	24	2:46	-	1:18:43	-	2	14:52	13	19:23	
Heuschupfen Ai	-	0:05	-	1	-	9	0:01	-	1:18:48	-	2	14:51	13	19:24	
Schlammbowle E	-	2:15	-	3	0:32	24	0:34	-	1:21:03	-	2	15:23	13	19:57	
Schlammbowle A	-	0:47	-	4	0:09	16	0:13	-	1:21:50	-	2	15:32	13	20:08	
Sportplatz Mühlb	8.00	3:28	-	2	0:10	7	0:17	16.00	1:25:18	5:19	3	15:42	19	20:08	