



Detailed evaluation

Gruse, Uwe

Club: Seamrog Rugby Nordhausen
Number: 526

Course: 16.00 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:59:57

Speed: 8.00 km/h
Running performance: 7:30 min/km

Rank in course/Total: 192 (of 304)

Rank in course/Men: 179 (of 252)

Best time in course: 1:05:10

Rank in category: 26(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 +	-	4:07	-	26	2:55	198	3:05	-	4:07	-	26	2:55	198	3:05
Himmelsleiter +	-	5:18	-	27	2:33	199	2:46	-	9:25	-	26	5:28	200	5:51
Nordwand + Dov	-	6:08	-	21	2:13	153	2:25	-	15:33	-	25	7:41	193	8:16
Nordwand + Dov	-	2:29	-	26	1:04	205	1:20	-	18:02	-	26	8:45	195	9:34
Duckmäuser Eins	-	18:20	-	17	7:02	103	7:40	-	36:22	-	18	15:47	113	17:06
Duckmäuser Aus	-	0:30	-	16	0:12	120	0:17	-	36:52	-	18	15:56	111	17:22
Pneumant Einstie	-	1:16	-	21	0:55	150	1:02	-	38:08	-	18	16:51	100	18:16
Pneumant Aussti	-	0:09	-	15	0:05	133	0:08	-	38:17	-	17	16:54	99	18:19
Heuschnupfen Ei	-	13:05	-	25	5:12	175	5:46	-	51:22	-	17	22:06	97	24:05
Heuschnupfen Ai	-	0:06	-	5	0:01	50	0:02	-	51:28	-	17	22:05	94	24:07
Schlammbowle E	-	2:53	-	23	1:09	158	1:10	-	54:21	-	17	23:14	92	25:16
Schlammbowle A	-	1:09	-	20	0:32	134	0:35	-	55:30	-	17	23:46	92	25:50
Himmelsleiter +	-	5:07	-	26	2:07	170	2:24	-	1:00:37	-	17	25:53	91	28:07
Himmelsleiter +	-	5:04	-	25	2:01	167	2:17	-	1:05:41	-	17	27:54	91	30:18
Nordwand + Dov	-	7:26	-	27	3:16	190	3:28	-	1:13:07	-	17	31:10	93	33:43
Nordwand + Dov	-	2:08	-	19	0:44	148	1:04	-	1:15:15	-	17	31:54	93	34:40
Duckmäuser Eins	-	20:40	-	20	8:49	136	20:23	-	1:35:55	-	17	40:43	84	44:31
Duckmäuser Aus	-	0:29	-	19	0:15	125	0:18	-	1:36:24	-	17	40:55	84	44:47
Pneumant Einstie	-	1:14	-	20	0:53	121	0:54	-	1:37:38	-	16	41:48	75	45:41
Pneumant Aussti	-	0:10	-	24	0:08	153	0:08	-	1:37:48	-	16	41:51	75	45:49
Heuschnupfen Ei	-	13:42	-	26	5:48	182	6:21	-	1:51:30	-	16	47:39	74	52:10
Heuschnupfen Ai	-	0:07	-	21	0:02	132	0:03	-	1:51:37	-	16	47:40	74	52:13
Schlammbowle E	-	2:56	-	20	1:13	153	1:15	-	1:54:33	-	15	48:53	72	53:27
Schlammbowle A	-	1:24	-	25	0:46	187	0:50	-	1:55:57	-	15	49:39	72	54:15
Sportplatz Mühlb	8.00	4:00	-	21	0:42	147	0:49	16.00	1:59:57	7:29	26	50:21	179	54:47