



Detailed evaluation

Benser, Robert

Number: 485

Course: 16.00 km

Expert

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:59:37

Speed: 8.03 km/h

Running performance: 7:29 min/km

Rank in course/Total: 191 (of 304)

Rank in course/Men: 178 (of 252)

Best time in course: 1:05:10

Rank in category: 32(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 +	-	4:49	-	41	3:47	235	3:47	-	4:49	-	41	3:47	235	3:47	
Himmelsleiter +	-	5:08	-	32	2:36	166	2:36	-	9:57	-	38	6:23	221	6:23	
Nordwand + Dov	-	5:55	-	25	2:12	127	2:12	-	15:52	-	38	8:35	201	8:35	
Nordwand + Dov	-	2:13	-	29	1:02	163	1:04	-	18:05	-	37	9:37	197	9:37	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	18:40	-	31	18:25	194	18:27	-	36:45	-	35	13:06	214	17:15	
Pneumant Einstie	-	1:29	-	29	1:15	172	1:15	-	38:14	-	42	14:11	230	18:22	
Pneumant Aussti	-	0:08	-	21	0:07	103	0:07	-	38:22	-	43	14:14	100	18:24	
Heuschupfen Ei	-	13:03	-	33	5:33	174	5:44	-	51:25	-	42	18:21	242	24:08	
Heuschupfen Ai	-	0:10	-	38	0:06	223	0:06	-	51:35	-	43	18:25	242	24:14	
Schlammbowle E	-	3:07	-	39	1:24	205	1:24	-	54:42	-	43	19:23	241	25:37	
Schlammbowle A	-	1:30	-	38	0:56	211	0:56	-	56:12	-	43	20:16	248	26:32	
Himmelsleiter +	-	5:09	-	33	2:26	175	2:26	-	1:01:21	-	43	22:04	244	28:51	
Himmelsleiter +	-	4:36	-	22	1:49	103	1:49	-	1:05:57	-	43	23:10	244	30:34	
Nordwand + Dov	-	6:55	-	28	2:57	146	2:57	-	1:12:52	-	43	25:15	244	33:28	
Nordwand + Dov	-	2:07	-	30	1:03	142	1:03	-	1:14:59	-	43	25:52	244	34:24	
Duckmäuser Eins	-	20:22	-	22	9:31	131	20:05	-	1:35:21	-	32	33:06	191	43:57	
Duckmäuser Aus	-	0:24	-	12	0:08	70	0:13	-	1:35:45	-	37	33:10	223	44:08	
Pneumant Einstie	-	1:34	-	24	1:12	153	1:14	-	1:37:19	-	31	34:20	196	45:22	
Pneumant Aussti	-	0:08	-	19	0:06	103	0:06	-	1:37:27	-	43	34:24	245	45:28	
Heuschupfen Ei	-	13:24	-	31	5:57	167	6:03	-	1:50:51	-	43	38:55	245	51:31	
Heuschupfen Ai	-	0:08	-	31	0:04	189	0:04	-	1:50:59	-	42	38:58	243	51:35	
Schlammbowle E	-	2:58	-	33	1:15	161	1:17	-	1:53:57	-	42	39:55	241	52:51	
Schlammbowle A	-	1:46	-	39	1:12	228	1:12	-	1:55:43	-	43	40:58	247	54:01	
Sportplatz Mühlb	8.00	3:54	-	17	0:36	107	0:43	16.00	1:59:37	7:28	32	54:16	178	54:27	