



## Detailed evaluation

**Garz, Christian**

Club: N3 Sportverein e.V.  
Number: 291

Course: 8.00 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:03:55

Speed: 7.51 km/h  
Running performance: 7:59 min/km

Rank in course/Total: 156 (of 292)

Rank in course/Men: 122 (of 192)

Best time in course: 38:15

Rank in category: 27(of 38)

Best time in the category: 45:12

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 +	-	3:02	-	15	1:16	71	1:40	-	3:02	-	15	1:16	71	1:40
Himmelsleiter +	-	5:23	-	24	1:53	117	2:33	-	8:25	-	18	3:09	91	4:13
Nordwand + Dov	-	7:38	-	30	2:23	159	3:13	-	16:03	-	25	5:32	116	7:24
Nordwand + Dov	-	2:37	-	27	0:59	142	1:09	-	18:40	-	25	6:26	119	8:29
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	21:14	-	31	20:55	148	20:58	-	39:54	-	34	12:02	166	16:50
Pneumant Einstie	-	2:02	-	27	1:38	147	1:41	-	41:56	-	38	13:28	184	18:28
Pneumant Aussti	-	0:07	-	10	0:02	39	0:04	-	42:03	-	39	13:30	192	18:29
Heuschnupfen Ei	-	12:52	-	18	2:58	91	4:08	-	54:55	-	38	16:28	188	22:37
Heuschnupfen Ai	-	0:06	-	14	0:02	65	0:02	-	55:01	-	39	16:29	190	22:39
Schlammbowle E	-	2:50	-	23	0:45	104	0:55	-	57:51	-	39	17:06	189	23:33
Schlammbowle A	-	1:06	-	20	0:22	92	0:32	-	58:57	-	39	17:28	191	24:05
Sportplatz Mühlb	8.00	4:58	-	37	1:18	178	1:35	8.00	1:03:55	7:59	27	18:43	122	25:40