



## Detailed evaluation

**Ressel, Daniel**

Club: Laufgruppe Durchgereicht  
Number: 51

Course: 8.00 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:12:04

Speed: 6.66 km/h  
Running performance: 9:01 min/km

Rank in course/Total: 236 (of 292)

Rank in course/Men: 170 (of 192)

Best time in course: 38:15

Rank in category: 35(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 +	-	4:10	-	27	2:24	129	2:48	-	4:10	-	27	2:24	129	2:48
Himmelsleiter +	-	5:48	-	31	2:18	155	2:58	-	9:58	-	29	4:42	132	5:46
Nordwand + Dov	-	8:58	-	38	3:43	187	4:33	-	18:56	-	35	8:25	167	10:17
Nordwand + Dov	-	2:49	-	32	1:11	163	1:21	-	21:45	-	35	9:31	167	11:34
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	23:54	-	32	23:35	159	23:38	-	45:39	-	34	17:47	166	22:35
Pneumant Einstie	-	0:57	-	13	0:33	77	0:36	-	46:36	-	38	18:08	184	23:08
Pneumant Aussti	-	0:13	-	30	0:08	146	0:10	-	46:49	-	39	18:16	192	23:15
Heuschnupfen Ei	-	15:37	-	35	5:43	169	6:53	-	1:02:26	-	38	23:59	188	30:08
Heuschnupfen Ai	-	0:07	-	25	0:03	122	0:03	-	1:02:33	-	39	24:01	190	30:11
Schlammbowle E	-	3:32	-	34	1:27	168	1:37	-	1:06:05	-	39	25:20	189	31:47
Schlammbowle A	-	1:17	-	27	0:33	119	0:43	-	1:07:22	-	39	25:53	191	32:30
Sportplatz Mühlb	8.00	4:42	-	33	1:02	171	1:19	8.00	1:12:04	9:00	35	26:52	170	33:49