



Detailed evaluation

Sahr, Stefan

Club: Neustadt
Number: 266

Course: 8.00 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:19

Speed: 9.73 km/h
Running performance: 6:10 min/km

Rank in course/Total: 28 (of 292)

Rank in course/Men: 26 (of 192)

Best time in course: 38:15

Rank in category: 3(of 19)

Best time in the category: 47:40

| 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 + | - | 2:51 | - | 4 | 0:46 | 62 | 1:29 | - | 2:51 | - | 4 | 0:46 | 62 | 1:29 |
| Himmelsleiter + | - | 4:02 | - | 2 | 0:17 | 34 | 1:12 | - | 6:53 | - | 3 | 1:03 | 48 | 2:41 |
| Nordwand + Dov | - | 5:45 | - | 2 | 0:10 | 31 | 1:20 | - | 12:38 | - | 3 | 1:13 | 39 | 3:59 |
| Nordwand + Dov | - | 1:49 | - | 2 | 0:05 | 25 | 0:21 | - | 14:27 | - | 3 | 1:18 | 36 | 4:16 |
| Duckmäuser Eins | - | 15:42 | - | 1 | - | 20 | 3:21 | - | 30:09 | - | 2 | 0:09 | 24 | 7:23 |
| Duckmäuser Aus | - | 0:22 | - | 3 | 0:01 | 26 | 0:06 | - | 30:31 | - | 2 | 0:10 | 24 | 7:27 |
| Pneumant Einstie | - | 0:37 | - | 5 | 0:11 | 38 | 0:16 | - | 31:08 | - | 2 | 0:21 | 22 | 7:40 |
| Pneumant Aussti | - | 0:06 | - | 3 | 0:01 | 19 | 0:03 | - | 31:14 | - | 2 | 0:21 | 22 | 7:40 |
| Heuschnupfen Ei | - | 10:50 | - | 1 | - | 20 | 2:06 | - | 42:04 | - | 2 | 0:21 | 17 | 9:46 |
| Heuschnupfen Ai | - | 0:06 | - | 2 | 0:01 | 65 | 0:02 | - | 42:10 | - | 2 | 0:21 | 17 | 9:48 |
| Schlammbowle E | - | 2:25 | - | 3 | 0:04 | 35 | 0:30 | - | 44:35 | - | 2 | 0:25 | 17 | 10:17 |
| Schlammbowle A | - | 0:49 | - | 3 | 0:03 | 26 | 0:15 | - | 45:24 | - | 2 | 0:28 | 17 | 10:32 |
| Sportplatz Mühlb | 8.00 | 3:55 | - | 4 | 0:13 | 57 | 0:32 | 8.00 | 49:19 | 6:09 | 3 | 1:39 | 26 | 11:04 |