



## 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