



Detailed evaluation

Nickel, Frank

Club: Dream Team
Number: 627

Course: 16.00 km
Expert

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:54:51

Speed: 8.36 km/h
Running performance: 7:11 min/km

Rank in course/Total: 164 (of 304)

Rank in course/Men: 153 (of 252)

Best time in course: 1:05:10

Rank in category: 3(of 12)

Best time in the category: 1:48:03

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 +	-	3:35	-	8	1:05	172	2:33	-	3:35	-	8	1:05	172	2:33	
Himmelsleiter +	-	5:11	-	8	1:02	177	2:39	-	8:46	-	8	2:07	172	5:12	
Nordwand + Dov	-	5:39	-	2	0:08	78	1:56	-	14:25	-	5	1:49	151	7:08	
Nordwand + Dov	-	2:07	-	4	0:14	135	0:58	-	16:32	-	5	2:03	147	8:04	
Duckmäuser Eins	-	17:46	-	4	0:23	87	7:06	-	34:18	-	5	1:57	89	15:02	
Duckmäuser Aus	-	0:27	-	5	0:04	92	0:14	-	34:45	-	5	2:00	88	15:15	
Pneumant Einstie	-	1:08	-	6	0:24	129	0:54	-	35:53	-	5	2:07	82	16:01	
Pneumant Aussti	-	0:07	-	2	0:03	72	0:06	-	36:00	-	5	2:05	81	16:02	
Heuschnupfen Ei	-	11:56	-	1	-	103	4:37	-	47:56	-	3	1:34	72	20:39	
Heuschnupfen Ai	-	0:06	-	2	0:01	50	0:02	-	48:02	-	3	1:34	70	20:41	
Schlammbowle E	-	2:46	-	3	0:06	127	1:03	-	50:48	-	3	1:26	69	21:43	
Schlammbowle A	-	1:41	-	11	0:39	226	1:07	-	52:29	-	5	2:05	74	22:49	
Himmelsleiter +	-	5:07	-	7	0:57	170	2:24	-	57:36	-	4	1:56	74	25:06	
Himmelsleiter +	-	5:06	-	6	0:30	172	2:19	-	1:02:42	-	4	1:51	76	27:19	
Nordwand + Dov	-	6:56	-	4	0:44	151	2:58	-	1:09:38	-	4	2:22	76	30:14	
Nordwand + Dov	-	2:04	-	2	0:03	132	1:00	-	1:11:42	-	4	2:18	76	31:07	
Duckmäuser Eins	-	20:21	-	8	2:55	130	20:04	-	1:32:03	-	4	5:13	72	40:39	
Duckmäuser Aus	-	0:25	-	3	0:02	88	0:14	-	1:32:28	-	4	5:09	72	40:51	
Pneumant Einstie	-	1:09	-	6	0:19	106	0:49	-	1:33:37	-	4	5:28	61	41:40	
Pneumant Aussti	-	0:06	-	2	0:01	52	0:04	-	1:33:43	-	4	5:25	61	41:44	
Heuschnupfen Ei	-	12:32	-	4	0:37	125	5:11	-	1:46:15	-	4	6:02	61	46:55	
Heuschnupfen Ai	-	0:06	-	1	-	58	0:02	-	1:46:21	-	4	6:00	61	46:57	
Schlammbowle E	-	2:48	-	3	0:19	125	1:07	-	1:49:09	-	3	6:09	59	48:03	
Schlammbowle A	-	1:45	-	9	0:34	227	1:11	-	1:50:54	-	4	6:37	61	49:12	
Sportplatz Mühlb	8.00	3:57	-	5	0:11	128	0:46	16.00	1:54:51	7:10	3	6:48	153	49:41	