



Detailed evaluation

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Club: Sportklinik Erfurt
Number: 132

Course: 8.00 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:11:18

Speed: 6.73 km/h
Running performance: 8:55 min/km

Rank in course/Total: 231 (of 292)

Rank in course/Men: 169 (of 192)

Best time in course: 38:15

Rank in category: 16(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 +	-	4:57	-	16	2:52	167	3:35	-	4:57	-	16	2:52	167	3:35
Himmelsleiter +	-	5:43	-	14	1:58	145	2:53	-	10:40	-	15	4:50	156	6:28
Nordwand + Dov	-	6:48	-	13	1:13	111	2:23	-	17:28	-	14	6:03	140	8:49
Nordwand + Dov	-	2:12	-	5	0:28	66	0:44	-	19:40	-	13	6:31	138	9:29
Duckmäuser Eins	-	21:27	-	8	5:45	105	9:06	-	41:07	-	8	11:07	102	18:21
Duckmäuser Aus	-	0:30	-	8	0:09	98	0:14	-	41:37	-	8	11:16	101	18:33
Pneumant Einstie	-	1:30	-	13	1:04	139	1:09	-	43:07	-	7	12:20	97	19:39
Pneumant Aussti	-	0:07	-	6	0:02	39	0:04	-	43:14	-	7	12:21	97	19:40
Heuschnupfen Ei	-	17:00	-	17	6:10	178	8:16	-	1:00:14	-	8	18:31	101	27:56
Heuschnupfen Ai	-	0:08	-	15	0:03	156	0:04	-	1:00:22	-	8	18:33	99	28:00
Schlammbowle E	-	3:18	-	12	0:57	151	1:23	-	1:03:40	-	8	19:30	98	29:22
Schlammbowle A	-	1:35	-	12	0:49	159	1:01	-	1:05:15	-	8	20:19	97	30:23
Sportplatz Mühlb	8.00	6:03	-	18	2:21	187	2:40	8.00	1:11:18	8:54	16	23:38	169	33:03