



Detailed evaluation

Gleim, Uwe

Club: Hommel Hercules Werkzeughandel
Number: 213

Course: 8.00 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:19

Speed: 8.37 km/h
Running performance: 7:10 min/km

Rank in course/Total: 83 (of 292)

Rank in course/Men: 71 (of 192)

Best time in course: 38:15

Rank in category: 6(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 +	-	3:44	-	11	1:39	117	2:22	-	3:44	-	11	1:39	117	2:22
Himmelsleiter +	-	5:13	-	10	1:28	106	2:23	-	8:57	-	11	3:07	114	4:45
Nordwand + Dov	-	6:16	-	6	0:41	67	1:51	-	15:13	-	8	3:48	97	6:34
Nordwand + Dov	-	2:25	-	9	0:41	100	0:57	-	17:38	-	8	4:29	97	7:27
Duckmäuser Eins	-	18:11	-	3	2:29	58	5:50	-	35:49	-	4	5:49	70	13:03
Duckmäuser Aus	-	0:23	-	4	0:02	32	0:07	-	36:12	-	4	5:51	68	13:08
Pneumant Einstie	-	0:44	-	7	0:18	50	0:23	-	36:56	-	4	6:09	64	13:28
Pneumant Aussti	-	0:08	-	7	0:03	52	0:05	-	37:04	-	4	6:11	64	13:30
Heuschnupfen Ei	-	12:00	-	5	1:10	63	3:16	-	49:04	-	3	7:21	55	16:46
Heuschnupfen Ai	-	0:07	-	13	0:02	122	0:03	-	49:11	-	3	7:22	53	16:49
Schlammbowle E	-	2:37	-	5	0:16	64	0:42	-	51:48	-	3	7:38	54	17:30
Schlammbowle A	-	1:20	-	10	0:34	125	0:46	-	53:08	-	3	8:12	54	18:16
Sportplatz Mühlb	8.00	4:11	-	8	0:29	109	0:48	8.00	57:19	7:09	6	9:39	71	19:04