



Detailed evaluation

Kern, Steffen

Club: Kernkraft Gera
Number: 582

Course: 16.00 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:39:54

Speed: 9.61 km/h
Running performance: 6:14 min/km

Rank in course/Total: 64 (of 304)

Rank in course/Men: 59 (of 252)

Best time in course: 1:05:10

Rank in category: 11(of 31)

Best time in the category: 1:09:36

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 +	-	2:18	-	8	1:06	51	1:16	-	2:18	-	8	1:06	51	1:16	
Himmelsleiter +	-	3:43	-	7	0:58	41	1:11	-	6:01	-	8	2:04	47	2:27	
Nordwand + Dov	-	5:24	-	7	1:29	47	1:41	-	11:25	-	7	3:33	44	4:08	
Nordwand + Dov	-	1:37	-	5	0:12	31	0:28	-	13:02	-	7	3:45	40	4:34	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	16:32	-	24	16:14	173	16:19	-	29:34	-	28	8:38	214	10:04	
Pneumant Einstie	-	0:57	-	16	0:36	101	0:43	-	30:31	-	8	9:14	28	10:39	
Pneumant Aussti	-	0:10	-	19	0:06	164	0:09	-	30:41	-	7	9:18	27	10:43	
Heuschnupfen Ei	-	10:37	-	5	2:44	34	3:18	-	41:18	-	32	12:02	242	14:01	
Heuschnupfen Ai	-	0:06	-	5	0:01	50	0:02	-	41:24	-	31	12:01	242	14:03	
Schlammbowle E	-	2:27	-	5	0:43	40	0:44	-	43:51	-	32	12:44	241	14:46	
Schlammbowle A	-	0:57	-	11	0:20	69	0:23	-	44:48	-	32	13:04	248	15:08	
Himmelsleiter +	-	4:36	-	16	1:36	98	1:53	-	49:24	-	31	14:40	28	16:54	
Himmelsleiter +	-	4:19	-	9	1:16	59	1:32	-	53:43	-	31	15:56	244	18:20	
Nordwand + Dov	-	6:34	-	18	2:24	122	2:36	-	1:00:17	-	31	18:20	244	20:53	
Nordwand + Dov	-	1:47	-	7	0:23	47	0:43	-	1:02:04	-	31	18:43	244	21:29	
Duckmäuser Eins	-	17:01	-	10	5:10	52	16:44	-	1:19:05	-	26	23:53	191	27:41	
Duckmäuser Aus	-	0:16	-	2	0:02	9	0:05	-	1:19:21	-	30	23:52	223	27:44	
Pneumant Einstie	-	1:15	-	22	0:54	127	0:55	-	1:20:36	-	28	24:46	196	28:39	
Pneumant Aussti	-	0:07	-	10	0:05	80	0:05	-	1:20:43	-	31	24:46	245	28:44	
Heuschnupfen Ei	-	11:29	-	11	3:35	77	4:08	-	1:32:12	-	31	28:21	245	32:52	
Heuschnupfen Ai	-	0:06	-	7	0:01	58	0:02	-	1:32:18	-	31	28:21	243	32:54	
Schlammbowle E	-	2:29	-	10	0:46	52	0:48	-	1:34:47	-	29	29:07	241	33:41	
Schlammbowle A	-	1:11	-	15	0:33	118	0:37	-	1:35:58	-	31	29:40	247	34:16	
Sportplatz Mühlb	8.00	3:56	-	16	0:38	120	0:45	16.00	1:39:54	6:14	11	30:18	59	34:44	