



Detailed evaluation

Fritzsche, Uwe

Club: Kernkraft Gera
Number: 187

Course: 8.00 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 59:47

Speed: 8.03 km/h
Running performance: 7:28 min/km

Rank in course/Total: 108 (of 292)

Rank in course/Men: 88 (of 192)

Best time in course: 38:15

Rank in category: 15(of 38)

Best time in the category: 45:12

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 +	-	3:14	-	17	1:28	77	1:52	-	3:14	-	17	1:28	77	1:52
Himmelsleiter +	-	4:38	-	13	1:08	68	1:48	-	7:52	-	15	2:36	72	3:40
Nordwand + Dov	-	6:55	-	18	1:40	117	2:30	-	14:47	-	15	4:16	82	6:08
Nordwand + Dov	-	2:20	-	14	0:42	82	0:52	-	17:07	-	14	4:53	79	6:56
Duckmäuser Eins	-	19:39	-	14	4:59	84	7:18	-	36:46	-	13	9:16	78	14:00
Duckmäuser Aus	-	0:27	-	15	0:08	72	0:11	-	37:13	-	13	9:21	77	14:09
Pneumant Einstie	-	0:59	-	14	0:35	86	0:38	-	38:12	-	13	9:44	74	14:44
Pneumant Aussti	-	0:06	-	4	0:01	19	0:03	-	38:18	-	13	9:45	74	14:44
Heuschnupfen Ei	-	12:56	-	20	3:02	97	4:12	-	51:14	-	12	12:47	70	18:56
Heuschnupfen Ai	-	0:05	-	5	0:01	10	0:01	-	51:19	-	12	12:47	68	18:57
Schlammbowle E	-	3:03	-	29	0:58	128	1:08	-	54:22	-	12	13:37	67	20:04
Schlammbowle A	-	0:57	-	13	0:13	57	0:23	-	55:19	-	12	13:50	66	20:27
Sportplatz Mühlb	8.00	4:28	-	27	0:48	148	1:05	8.00	59:47	7:28	15	14:35	88	21:32