



Detailed evaluation

Poßner, Nico

Club: Dream Team
Number: 626

Course: 16.00 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:47:10

Speed: 8.96 km/h
Running performance: 6:42 min/km

Rank in course/Total: 111 (of 304)

Rank in course/Men: 104 (of 252)

Best time in course: 1:05:10

Rank in category: 20(of 42)

Best time in the category: 1:05:21

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 +	-	3:36	-	32	2:34	173	2:34	-	3:36	-	32	2:34	173	2:34
Himmelsleiter +	-	5:04	-	26	2:32	156	2:32	-	8:40	-	31	5:06	169	5:06
Nordwand + Dov	-	5:44	-	22	2:01	99	2:01	-	14:24	-	26	7:07	150	7:07
Nordwand + Dov	-	2:07	-	25	0:56	135	0:58	-	16:31	-	26	8:03	146	8:03
Duckmäuser Eins	-	17:47	-	13	5:05	89	7:07	-	34:18	-	12	11:03	89	15:02
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	1:19	-	26	1:05	156	1:05	-	35:37	-	42	11:34	230	15:45
Pneumant Aussti	-	0:06	-	10	0:05	43	0:05	-	35:43	-	43	11:35	247	15:45
Heuschneppen Ei	-	11:55	-	20	4:25	102	4:36	-	47:38	-	10	14:34	71	20:21
Heuschneppen Ai	-	0:06	-	10	0:02	50	0:02	-	47:44	-	43	14:34	242	20:23
Schlammbowle E	-	2:41	-	24	0:58	98	0:58	-	50:25	-	43	15:06	241	21:20
Schlammbowle A	-	1:15	-	31	0:41	161	0:41	-	51:40	-	43	15:44	248	22:00
Himmelsleiter +	-	5:33	-	39	2:50	212	2:50	-	57:13	-	11	17:56	72	24:43
Himmelsleiter +	-	4:27	-	14	1:40	75	1:40	-	1:01:40	-	43	18:53	244	26:17
Nordwand + Dov	-	5:52	-	10	1:54	50	1:54	-	1:07:32	-	43	19:55	244	28:08
Nordwand + Dov	-	1:57	-	20	0:53	84	0:53	-	1:09:29	-	43	20:22	244	28:54
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Aussti	-	18:41	-	39	18:39	237	18:39	-	1:28:10	-	43	25:07	245	36:11
Heuschneppen Ei	-	11:13	-	10	3:46	59	3:52	-	1:39:23	-	43	27:27	245	40:03
Heuschneppen Ai	-	0:06	-	10	0:02	58	0:02	-	1:39:29	-	42	27:28	243	40:05
Schlammbowle E	-	2:38	-	13	0:55	78	0:57	-	1:42:07	-	42	28:05	241	41:01
Schlammbowle A	-	1:09	-	21	0:35	107	0:35	-	1:43:16	-	43	28:31	247	41:34
Sportplatz Mühlb	8.00	3:54	-	17	0:36	107	0:43	16.00	1:47:10	6:41	20	41:49	104	42:00