



Detailed evaluation

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Club: DARMSTADT
Number: 137

Course: 8.00 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:18

Speed: 8.38 km/h
Running performance: 7:10 min/km

Rank in course/Total: 81 (of 292)

Rank in course/Men: 70 (of 192)

Best time in course: 38:15

Rank in category: 5(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 +	-	3:31	-	7	1:26	99	2:09	-	3:31	-	7	1:26	99	2:09
Himmelsleiter +	-	4:51	-	5	1:06	81	2:01	-	8:22	-	5	2:32	88	4:10
Nordwand + Dov	-	6:09	-	4	0:34	58	1:44	-	14:31	-	4	3:06	72	5:52
Nordwand + Dov	-	2:05	-	4	0:21	58	0:37	-	16:36	-	4	3:27	69	6:25
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	18:45	-	12	18:24	130	18:29	-	35:21	-	15	5:00	166	12:17
Pneumant Einstie	-	0:28	-	2	0:02	6	0:07	-	35:49	-	19	5:02	184	12:21
Pneumant Aussti	-	0:08	-	7	0:03	52	0:05	-	35:57	-	20	5:04	192	12:23
Heuschnupfen Ei	-	12:40	-	8	1:50	85	3:56	-	48:37	-	20	6:54	188	16:19
Heuschnupfen Ai	-	0:06	-	2	0:01	65	0:02	-	48:43	-	20	6:54	190	16:21
Schlammbowle E	-	2:49	-	8	0:28	103	0:54	-	51:32	-	19	7:22	189	17:14
Schlammbowle A	-	1:34	-	11	0:48	156	1:00	-	53:06	-	19	8:10	191	18:14
Sportplatz Mühlb	8.00	4:12	-	9	0:30	111	0:49	8.00	57:18	7:09	5	9:38	70	19:03