



## Detailed evaluation

Ihling, Marco

Club: SLG Bad Langensalza  
Number: 549

Course: 16.00 km  
Expert

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:42:48

Speed: 9.34 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 80 (of 304)

Rank in course/Men: 75 (of 252)

Best time in course: 1:05:10

Rank in category: 10(of 35)

Best time in the category: 1:17:46

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 +	-	3:34	-	24	2:09	169	2:32	-	3:34	-	24	2:09	169	2:32
Himmelsleiter +	-	5:04	-	23	2:03	156	2:32	-	8:38	-	23	4:11	167	5:04
Nordwand + Dov	-	5:43	-	16	1:24	94	2:00	-	14:21	-	21	5:35	147	7:04
Nordwand + Dov	-	2:04	-	17	0:43	118	0:55	-	16:25	-	18	6:18	140	7:57
Duckmäuser Eins	-	16:28	-	9	3:47	55	5:48	-	32:53	-	10	10:05	70	13:37
Duckmäuser Aus	-	0:25	-	9	0:05	70	0:12	-	33:18	-	10	10:10	70	13:48
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Aussti	-	0:45	-	31	0:43	231	0:44	-	34:03	-	35	10:24	247	14:05
Heuschupfen Ei	-	11:37	-	12	2:44	86	4:18	-	45:40	-	33	13:08	242	18:23
Heuschupfen Ai	-	0:06	-	6	0:01	50	0:02	-	45:46	-	33	13:08	242	18:25
Schlammbowle E	-	2:36	-	13	0:32	74	0:53	-	48:22	-	33	13:40	54	19:17
Schlammbowle A	-	1:26	-	29	0:40	202	0:52	-	49:48	-	34	14:20	248	20:08
Himmelsleiter +	-	4:09	-	8	0:45	43	1:26	-	53:57	-	34	15:05	244	21:27
Himmelsleiter +	-	4:23	-	8	0:58	67	1:36	-	58:20	-	34	16:03	244	22:57
Nordwand + Dov	-	5:58	-	8	1:15	56	2:00	-	1:04:18	-	34	17:18	244	24:54
Nordwand + Dov	-	1:53	-	8	0:28	63	0:49	-	1:06:11	-	34	17:46	244	25:36
Duckmäuser Eins	-	16:44	-	8	16:27	48	16:27	-	1:22:55	-	26	21:21	191	31:31
Duckmäuser Aus	-	0:24	-	12	0:12	70	0:13	-	1:23:19	-	32	21:23	223	31:42
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Aussti	-	0:42	-	29	0:39	200	0:40	-	1:24:01	-	36	21:36	245	32:02
Heuschupfen Ei	-	11:24	-	11	2:28	71	4:03	-	1:35:25	-	36	24:04	245	36:05
Heuschupfen Ai	-	0:06	-	8	0:01	58	0:02	-	1:35:31	-	36	24:05	243	36:07
Schlammbowle E	-	2:38	-	13	0:34	78	0:57	-	1:38:09	-	34	24:39	241	37:03
Schlammbowle A	-	1:03	-	12	0:19	79	0:29	-	1:39:12	-	36	24:55	247	37:30
Sportplatz Mühlb	8.00	3:36	-	5	0:07	27	0:25	16.00	1:42:48	6:25	10	25:02	75	37:38