



Detailed evaluation

Bänisch, Dieter

Club: Bad Berka
Number: 245

Course: 8.00 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:10:42

Speed: 6.79 km/h
Running performance: 8:50 min/km

Rank in course/Total: 224 (of 292)

Rank in course/Men: 164 (of 192)

Best time in course: 38:15

Rank in category: 34(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 +	-	3:43	-	25	1:57	114	2:21	-	3:43	-	25	1:57	114	2:21
Himmelsleiter +	-	5:46	-	30	2:16	151	2:56	-	9:29	-	27	4:13	125	5:17
Nordwand + Dov	-	8:18	-	36	3:03	177	3:53	-	17:47	-	28	7:16	147	9:08
Nordwand + Dov	-	2:40	-	29	1:02	149	1:12	-	20:27	-	28	8:13	146	10:16
Duckmäuser Eins	-	23:35	-	23	8:55	119	11:14	-	44:02	-	22	16:32	113	21:16
Duckmäuser Aus	-	0:28	-	20	0:09	82	0:12	-	44:30	-	22	16:38	112	21:26
Pneumant Einstie	-	1:03	-	16	0:39	94	0:42	-	45:33	-	20	17:05	108	22:05
Pneumant Aussti	-	0:11	-	24	0:06	112	0:08	-	45:44	-	20	17:11	108	22:10
Heuschnupfen Ei	-	15:42	-	36	5:48	171	6:58	-	1:01:26	-	20	22:59	107	29:08
Heuschnupfen Ai	-	0:07	-	25	0:03	122	0:03	-	1:01:33	-	20	23:01	105	29:11
Schlammbowle E	-	3:44	-	37	1:39	174	1:49	-	1:05:17	-	20	24:32	103	30:59
Schlammbowle A	-	1:04	-	19	0:20	84	0:30	-	1:06:21	-	20	24:52	103	31:29
Sportplatz Mühlb	8.00	4:21	-	23	0:41	132	0:58	8.00	1:10:42	8:50	34	25:30	164	32:27