



## Detailed evaluation

Frießleben, Sven

Club: Trailrunning Harz - Helios Team  
Number: 609

Course: 16.00 km  
Expert

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:45:09

Speed: 9.13 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 94 (of 304)

Rank in course/Men: 89 (of 252)

Best time in course: 1:05:10

Rank in category: 17(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 +	-	2:20	-	9	1:18	54	1:18	-	2:20	-	9	1:18	54	1:18	
Himmelsleiter +	-	3:57	-	11	1:25	54	1:25	-	6:17	-	9	2:43	54	2:43	
Nordwand + Dov	-	5:24	-	11	1:41	47	1:41	-	11:41	-	10	4:24	53	4:24	
Nordwand + Dov	-	1:48	-	11	0:37	51	0:39	-	13:29	-	11	5:01	54	5:01	
Duckmäuser Eins	-	16:27	-	10	3:45	54	5:47	-	29:56	-	7	6:41	38	10:40	
Duckmäuser Aus	-	0:22	-	6	0:07	37	0:09	-	30:18	-	7	6:39	38	10:48	
Pneumant Einstie	-	0:58	-	21	0:44	106	0:44	-	31:16	-	8	7:13	37	11:24	
Pneumant Aussti	-	0:08	-	21	0:07	103	0:07	-	31:24	-	8	7:16	36	11:26	
Heuschnupfen Ei	-	12:10	-	23	4:40	117	4:51	-	43:34	-	9	10:30	42	16:17	
Heuschnupfen Ai	-	0:06	-	10	0:02	50	0:02	-	43:40	-	9	10:30	42	16:19	
Schlammbowle E	-	2:40	-	19	0:57	91	0:57	-	46:20	-	9	11:01	43	17:15	
Schlammbowle A	-	0:54	-	14	0:20	54	0:20	-	47:14	-	9	11:18	42	17:34	
Himmelsleiter +	-	4:45	-	18	2:02	115	2:02	-	51:59	-	9	12:42	45	19:29	
Himmelsleiter +	-	4:40	-	23	1:53	108	1:53	-	56:39	-	9	13:52	44	21:16	
Nordwand + Dov	-	6:09	-	14	2:11	77	2:11	-	1:02:48	-	9	15:11	44	23:24	
Nordwand + Dov	-	1:50	-	11	0:46	52	0:46	-	1:04:38	-	9	15:31	44	24:03	
Duckmäuser Eins	-	18:48	-	16	7:57	101	18:31	-	1:23:26	-	9	21:11	46	32:02	
Duckmäuser Aus	-	0:24	-	12	0:08	70	0:13	-	1:23:50	-	9	21:15	46	32:13	
Pneumant Einstie	-	1:13	-	16	0:51	114	0:53	-	1:25:03	-	8	22:04	41	33:06	
Pneumant Aussti	-	0:05	-	6	0:03	34	0:03	-	1:25:08	-	8	22:05	41	33:09	
Heuschnupfen Ei	-	12:12	-	21	4:45	110	4:51	-	1:37:20	-	8	25:24	41	38:00	
Heuschnupfen Ai	-	0:07	-	20	0:03	132	0:03	-	1:37:27	-	8	25:26	41	38:03	
Schlammbowle E	-	2:43	-	19	1:00	104	1:02	-	1:40:10	-	8	26:08	40	39:04	
Schlammbowle A	-	1:03	-	16	0:29	79	0:29	-	1:41:13	-	8	26:28	40	39:31	
Sportplatz Mühlb	8.00	3:56	-	24	0:38	120	0:45	16.00	1:45:09	6:34	17	39:48	89	39:59	