



Detailed evaluation

Liebchen, Jan

Club: Sport Fundgrube Rudolstadt
Number: 429

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:53:37

Speed: 8.45 km/h
Running performance: 7:06 min/km

Rank in course/Total: 154 (of 304)

Rank in course/Men: 144 (of 252)

Best time in course: 1:05:10

Rank in category: 23(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 +	-	4:54	-	33	3:29	237	3:52	-	4:54	-	33	3:29	237	3:52
Himmelsleiter +	-	5:37	-	32	2:36	240	3:05	-	10:31	-	33	6:04	240	6:57
Nordwand + Dov	-	8:11	-	33	3:52	242	4:28	-	18:42	-	33	9:56	240	11:25
Nordwand + Dov	-	2:10	-	22	0:49	147	1:01	-	20:52	-	33	10:45	240	12:24
Duckmäuser Eins	-	20:24	-	19	7:43	135	9:44	-	41:16	-	20	18:28	150	22:00
Duckmäuser Aus	-	0:24	-	6	0:04	57	0:11	-	41:40	-	18	18:32	146	22:10
Pneumant Einstie	-	0:57	-	16	0:33	101	0:43	-	42:37	-	15	19:03	131	22:45
Pneumant Aussti	-	0:08	-	14	0:06	103	0:07	-	42:45	-	15	19:06	130	22:47
Heuschupfen Ei	-	11:26	-	10	2:33	75	4:07	-	54:11	-	12	21:39	113	26:54
Heuschupfen Ai	-	0:07	-	18	0:02	139	0:03	-	54:18	-	12	21:40	109	26:57
Schlammbowle E	-	2:41	-	16	0:37	98	0:58	-	56:59	-	11	22:17	103	27:54
Schlammbowle A	-	1:10	-	20	0:24	140	0:36	-	58:09	-	11	22:41	103	28:29
Himmelsleiter +	-	4:44	-	19	1:20	112	2:01	-	1:02:53	-	11	24:01	100	30:23
Himmelsleiter +	-	4:49	-	21	1:24	130	2:02	-	1:07:42	-	11	25:25	99	32:19
Nordwand + Dov	-	6:18	-	16	1:35	95	2:20	-	1:14:00	-	11	27:00	96	34:36
Nordwand + Dov	-	1:58	-	14	0:33	96	0:54	-	1:15:58	-	11	27:33	96	35:23
Duckmäuser Eins	-	17:21	-	10	17:04	62	17:04	-	1:33:19	-	8	31:45	78	41:55
Duckmäuser Aus	-	0:22	-	5	0:10	47	0:11	-	1:33:41	-	8	31:45	78	42:04
Pneumant Einstie	-	0:59	-	12	0:39	88	0:39	-	1:34:40	-	7	32:19	67	42:43
Pneumant Aussti	-	0:07	-	10	0:04	80	0:05	-	1:34:47	-	7	32:22	67	42:48
Heuschupfen Ei	-	11:51	-	16	2:55	94	4:30	-	1:46:38	-	7	35:17	63	47:18
Heuschupfen Ai	-	0:05	-	1	-	9	0:01	-	1:46:43	-	7	35:17	63	47:19
Schlammbowle E	-	2:27	-	8	0:23	47	0:46	-	1:49:10	-	6	35:40	60	48:04
Schlammbowle A	-	0:55	-	6	0:11	43	0:21	-	1:50:05	-	6	35:48	58	48:23
Sportplatz Mühlb	8.00	3:32	-	2	0:03	14	0:21	16.00	1:53:37	7:06	23	35:51	144	48:27