



Detailed evaluation

Hercher, Steffen

Club: Trailrunning Harz - Helios Team
Number: 607

Course: 16.00 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:30:18

Speed: 10.63 km/h
Running performance: 5:38 min/km

Rank in course/Total: 31 (of 304)

Rank in course/Men: 30 (of 252)

Best time in course: 1:05:10

Rank in category: 5(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 +	-	1:40	-	5	0:38	18	0:38	-	1:40	-	5	0:38	18	0:38	
Himmelsleiter +	-	3:29	-	6	0:57	29	0:57	-	5:09	-	6	1:35	24	1:35	
Nordwand + Dov	-	5:03	-	5	1:20	26	1:20	-	10:12	-	6	2:55	26	2:55	
Nordwand + Dov	-	1:41	-	7	0:30	33	0:32	-	11:53	-	6	3:25	26	3:25	
Duckmäuser Eins	-	14:54	-	4	2:12	22	4:14	-	26:47	-	3	3:32	21	7:31	
Duckmäuser Aus	-	0:20	-	4	0:05	26	0:07	-	27:07	-	3	3:28	21	7:37	
Pneumant Einstie	-	0:30	-	5	0:16	21	0:16	-	27:37	-	3	3:34	19	7:45	
Pneumant Aussti	-	0:06	-	10	0:05	43	0:05	-	27:43	-	3	3:35	18	7:45	
Heuschnupfen Ei	-	10:25	-	6	2:55	29	3:06	-	38:08	-	3	5:04	18	10:51	
Heuschnupfen Ai	-	0:06	-	10	0:02	50	0:02	-	38:14	-	3	5:04	18	10:53	
Schlammbowle E	-	2:21	-	5	0:38	27	0:38	-	40:35	-	3	5:16	18	11:30	
Schlammbowle A	-	0:52	-	11	0:18	41	0:18	-	41:27	-	3	5:31	18	11:47	
Himmelsleiter +	-	3:50	-	5	1:07	25	1:07	-	45:17	-	3	6:00	18	12:47	
Himmelsleiter +	-	3:57	-	7	1:10	31	1:10	-	49:14	-	3	6:27	18	13:51	
Nordwand + Dov	-	5:27	-	5	1:29	28	1:29	-	54:41	-	3	7:04	18	15:17	
Nordwand + Dov	-	1:41	-	7	0:37	32	0:37	-	56:22	-	3	7:15	18	15:47	
Duckmäuser Eins	-	15:17	-	5	4:26	29	15:00	-	1:11:39	-	3	9:24	18	20:15	
Duckmäuser Aus	-	0:25	-	18	0:09	88	0:14	-	1:12:04	-	3	9:29	18	20:27	
Pneumant Einstie	-	0:36	-	3	0:14	29	0:16	-	1:12:40	-	3	9:41	18	20:43	
Pneumant Aussti	-	0:07	-	15	0:05	80	0:05	-	1:12:47	-	3	9:44	18	20:48	
Heuschnupfen Ei	-	10:21	-	4	2:54	30	3:00	-	1:23:08	-	3	11:12	18	23:48	
Heuschnupfen Ai	-	0:06	-	10	0:02	58	0:02	-	1:23:14	-	3	11:13	18	23:50	
Schlammbowle E	-	2:22	-	3	0:39	32	0:41	-	1:25:36	-	3	11:34	18	24:30	
Schlammbowle A	-	0:58	-	10	0:24	53	0:24	-	1:26:34	-	3	11:49	18	24:52	
Sportplatz Mühlb	8.00	3:44	-	8	0:26	54	0:33	16.00	1:30:18	5:38	5	24:57	30	25:08	