



## Detailed evaluation

### Kapahnke, Tobias

Club: Ospelt Läufer  
Number: 244

Course: 8.00 km  
Sprint

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:04:53

Speed: 7.40 km/h  
Running performance: 8:07 min/km

Rank in course/Total: 167 (of 292)

Rank in course/Men: 129 (of 192)

Best time in course: 38:15

Rank in category: 24(of 31)

Best time in the category: 44:14

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Himmelsleiter +	-	3:42	-	19	1:43	113	2:20	-	3:42	-	19	1:43	113	2:20
Himmelsleiter +	-	5:28	-	22	2:04	120	2:38	-	9:10	-	22	3:47	119	4:58
Nordwand + Dov	-	7:06	-	24	2:05	129	2:41	-	16:16	-	20	5:52	121	7:37
Nordwand + Dov	-	2:36	-	28	1:07	141	1:08	-	18:52	-	20	6:59	121	8:41
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	21:17	-	25	20:58	149	21:01	-	40:09	-	30	11:54	91	17:05
Pneumant Einstie	-	1:31	-	27	1:03	141	1:10	-	41:40	-	30	10:33	184	18:12
Pneumant Aussti	-	0:08	-	8	0:05	52	0:05	-	41:48	-	32	10:36	192	18:14
Heuschnupfen Ei	-	14:10	-	24	4:14	136	5:26	-	55:58	-	31	13:38	188	23:40
Heuschnupfen Ai	-	0:07	-	21	0:02	122	0:03	-	56:05	-	32	13:40	190	23:43
Schlammbowle E	-	2:58	-	24	0:46	116	1:03	-	59:03	-	32	14:14	189	24:45
Schlammbowle A	-	1:23	-	27	0:48	136	0:49	-	1:00:26	-	32	14:47	191	25:34
Sportplatz Mühlb	8.00	4:27	-	27	0:50	146	1:04	8.00	1:04:53	8:06	24	20:39	129	26:38