



Detailed evaluation

Haun, Daniel

Club: Crossfit
Number: 398

Course: 16.00 km
Expert

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:41:00

Speed: 9.50 km/h
Running performance: 6:19 min/km

Rank in course/Total: 71 (of 304)

Rank in course/Men: 66 (of 252)

Best time in course: 1:05:10

Rank in category: 13(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 +	-	2:39	-	18	1:37	92	1:37	-	2:39	-	18	1:37	92	1:37	
Himmelsleiter +	-	4:28	-	16	1:56	88	1:56	-	7:07	-	16	3:33	90	3:33	
Nordwand + Dov	-	5:42	-	20	1:59	91	1:59	-	12:49	-	17	5:32	87	5:32	
Nordwand + Dov	-	1:46	-	9	0:35	44	0:37	-	14:35	-	16	6:07	82	6:07	
Duckmäuser Eins	-	16:20	-	9	3:38	51	5:40	-	30:55	-	10	7:40	47	11:39	
Duckmäuser Aus	-	0:23	-	7	0:08	48	0:10	-	31:18	-	10	7:39	47	11:48	
Pneumant Einstie	-	0:41	-	12	0:27	54	0:27	-	31:59	-	10	7:56	43	12:07	
Pneumant Aussti	-	0:04	-	2	0:03	11	0:03	-	32:03	-	10	7:55	40	12:05	
Heuschupfen Ei	-	10:45	-	10	3:15	40	3:26	-	42:48	-	8	9:44	36	15:31	
Heuschupfen Ai	-	0:05	-	3	0:01	8	0:01	-	42:53	-	8	9:43	36	15:32	
Schlammbowle E	-	2:36	-	17	0:53	74	0:53	-	45:29	-	8	10:10	36	16:24	
Schlammbowle A	-	0:50	-	10	0:16	34	0:16	-	46:19	-	8	10:23	36	16:39	
Himmelsleiter +	-	4:52	-	24	2:09	129	2:09	-	51:11	-	8	11:54	36	18:41	
Himmelsleiter +	-	4:33	-	19	1:46	92	1:46	-	55:44	-	8	12:57	36	20:21	
Nordwand + Dov	-	6:26	-	21	2:28	108	2:28	-	1:02:10	-	8	14:33	40	22:46	
Nordwand + Dov	-	1:56	-	18	0:52	78	0:52	-	1:04:06	-	8	14:59	40	23:31	
Duckmäuser Eins	-	17:12	-	9	6:21	58	16:55	-	1:21:18	-	8	19:03	41	29:54	
Duckmäuser Aus	-	0:24	-	12	0:08	70	0:13	-	1:21:42	-	8	19:07	41	30:05	
Pneumant Einstie	-	0:50	-	9	0:28	59	0:30	-	1:22:32	-	7	19:33	35	30:35	
Pneumant Aussti	-	0:05	-	6	0:03	34	0:03	-	1:22:37	-	7	19:34	35	30:38	
Heuschupfen Ei	-	11:19	-	11	3:52	64	3:58	-	1:33:56	-	7	22:00	36	34:36	
Heuschupfen Ai	-	0:06	-	10	0:02	58	0:02	-	1:34:02	-	7	22:01	36	34:38	
Schlammbowle E	-	2:25	-	4	0:42	41	0:44	-	1:36:27	-	7	22:25	34	35:21	
Schlammbowle A	-	0:50	-	6	0:16	26	0:16	-	1:37:17	-	7	22:32	34	35:35	
Sportplatz Mühlb	8.00	3:43	-	6	0:25	47	0:32	16.00	1:41:00	6:18	13	35:39	66	35:50	