



Detailed evaluation

Raabe, Michael

Club: Luigi and Friend´s
Number: 659

Course: 16.00 km
Expert

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:22:52

Speed: 11.58 km/h
Running performance: 5:11 min/km

Rank in course/Total: 17 (of 304)

Rank in course/Men: 17 (of 252)

Best time in course: 1:05:10

Rank in category: 2(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 +	-	1:25	-	1	-	10	0:23	-	1:25	-	1	-	10	0:23	
Himmelsleiter +	-	3:10	-	2	0:09	15	0:38	-	4:35	-	2	0:08	11	1:01	
Nordwand + Dov	-	4:34	-	2	0:15	12	0:51	-	9:09	-	2	0:23	12	1:52	
Nordwand + Dov	-	1:25	-	2	0:04	10	0:16	-	10:34	-	2	0:27	12	2:06	
Duckmäuser Eins	-	13:05	-	2	0:24	11	2:25	-	23:39	-	2	0:51	10	4:23	
Duckmäuser Aus	-	0:24	-	6	0:04	57	0:11	-	24:03	-	2	0:55	10	4:33	
Pneumant Einstie	-	0:38	-	8	0:14	41	0:24	-	24:41	-	2	1:07	11	4:49	
Pneumant Aussti	-	0:07	-	11	0:05	72	0:06	-	24:48	-	2	1:09	11	4:50	
Heuschupfen Ei	-	9:13	-	2	0:20	14	1:54	-	34:01	-	2	1:29	11	6:44	
Heuschupfen Ai	-	0:06	-	6	0:01	50	0:02	-	34:07	-	2	1:29	11	6:46	
Schlammbowle E	-	2:12	-	2	0:08	16	0:29	-	36:19	-	2	1:37	11	7:14	
Schlammbowle A	-	0:55	-	7	0:09	60	0:21	-	37:14	-	2	1:46	11	7:34	
Himmelsleiter +	-	3:29	-	2	0:05	15	0:46	-	40:43	-	2	1:51	11	8:13	
Himmelsleiter +	-	3:40	-	2	0:15	20	0:53	-	44:23	-	2	2:06	11	9:00	
Nordwand + Dov	-	5:08	-	2	0:25	19	1:10	-	49:31	-	2	2:31	11	10:07	
Nordwand + Dov	-	1:34	-	4	0:09	23	0:30	-	51:05	-	2	2:40	11	10:30	
Duckmäuser Eins	-	14:06	-	3	13:49	18	13:49	-	1:05:11	-	2	3:37	12	13:47	
Duckmäuser Aus	-	0:23	-	9	0:11	57	0:12	-	1:05:34	-	2	3:38	12	13:57	
Pneumant Einstie	-	0:32	-	4	0:12	18	0:12	-	1:06:06	-	2	3:45	12	14:09	
Pneumant Aussti	-	0:08	-	13	0:05	103	0:06	-	1:06:14	-	2	3:49	12	14:15	
Heuschupfen Ei	-	9:49	-	2	0:53	18	2:28	-	1:16:03	-	2	4:42	12	16:43	
Heuschupfen Ai	-	0:05	-	1	-	9	0:01	-	1:16:08	-	2	4:42	12	16:44	
Schlammbowle E	-	2:17	-	3	0:13	27	0:36	-	1:18:25	-	2	4:55	12	17:19	
Schlammbowle A	-	0:54	-	5	0:10	39	0:20	-	1:19:19	-	2	5:02	12	17:37	
Sportplatz Mühlb	8.00	3:33	-	3	0:04	17	0:22	16.00	1:22:52	5:10	2	5:06	17	17:42	