



Detailed evaluation

Tröder, Sascha

Club: Die glorreichen 7
Number: 513

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:43:05

Speed: 9.31 km/h
Running performance: 6:26 min/km

Rank in course/Total: 85 (of 304)

Rank in course/Men: 80 (of 252)

Best time in course: 1:05:10

Rank in category: 15(of 53)

Best time in the category: 1:09:26

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 +	-	2:54	-	20	1:47	124	1:52	-	2:54	-	20	1:47	124	1:52	
Himmelsleiter +	-	4:41	-	22	1:52	114	2:09	-	7:35	-	20	3:39	117	4:01	
Nordwand + Dov	-	5:41	-	16	1:46	86	1:58	-	13:16	-	18	5:25	106	5:59	
Nordwand + Dov	-	2:05	-	22	0:49	122	0:56	-	15:21	-	18	6:04	110	6:53	
Duckmäuser Eins	-	16:46	-	13	5:28	60	6:06	-	32:07	-	13	11:32	59	12:51	
Duckmäuser Aus	-	0:28	-	21	0:11	102	0:15	-	32:35	-	13	11:39	59	13:05	
Pneumant Einstie	-	0:32	-	4	0:12	27	0:18	-	33:07	-	11	11:51	55	13:15	
Pneumant Aussti	-	0:08	-	20	0:06	103	0:07	-	33:15	-	11	11:55	54	13:17	
Heuschnupfen Ei	-	11:31	-	15	3:36	79	4:12	-	44:46	-	11	15:31	51	17:29	
Heuschnupfen Ai	-	0:06	-	13	0:02	50	0:02	-	44:52	-	11	15:32	51	17:31	
Schlammbowle E	-	2:36	-	10	0:50	74	0:53	-	47:28	-	10	16:22	50	18:23	
Schlammbowle A	-	1:02	-	23	0:26	106	0:28	-	48:30	-	10	16:48	50	18:50	
Himmelsleiter +	-	4:17	-	10	1:16	57	1:34	-	52:47	-	10	18:04	49	20:17	
Himmelsleiter +	-	4:35	-	17	1:32	99	1:48	-	57:22	-	10	19:36	49	21:59	
Nordwand + Dov	-	6:02	-	10	1:52	63	2:04	-	1:03:24	-	8	21:28	46	24:00	
Nordwand + Dov	-	1:58	-	19	0:35	96	0:54	-	1:05:22	-	8	22:02	46	24:47	
Duckmäuser Eins	-	17:42	-	13	5:51	74	17:25	-	1:23:04	-	8	27:53	44	31:40	
Duckmäuser Aus	-	0:27	-	23	0:12	112	0:16	-	1:23:31	-	8	28:03	44	31:54	
Pneumant Einstie	-	0:33	-	4	0:12	20	0:13	-	1:24:04	-	7	28:15	39	32:07	
Pneumant Aussti	-	0:06	-	11	0:04	52	0:04	-	1:24:10	-	7	28:17	39	32:11	
Heuschnupfen Ei	-	11:27	-	13	3:29	76	4:06	-	1:35:37	-	7	31:46	38	36:17	
Heuschnupfen Ai	-	0:06	-	13	0:02	58	0:02	-	1:35:43	-	7	31:48	38	36:19	
Schlammbowle E	-	2:38	-	12	0:57	78	0:57	-	1:38:21	-	7	32:45	37	37:15	
Schlammbowle A	-	0:53	-	7	0:14	35	0:19	-	1:39:14	-	7	32:59	37	37:32	
Sportplatz Mühlb	8.00	3:51	-	16	0:40	90	0:40	16.00	1:43:05	6:26	15	33:39	80	37:55	