



## Detailed evaluation

**Zeiger, Thomas**

Club: Arnstadt läuft  
Number: 158

Course: 16.00 km  
Expert

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:35:56

Speed: 10.01 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 47 (of 304)

Rank in course/Men: 42 (of 252)

Best time in course: 1:05:10

Rank in category: 9(of 31)

Best time in the category: 1:09:36

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 +	-	2:35	-	12	1:23	85	1:33	-	2:35	-	12	1:23	85	1:33	
Himmelsleiter +	-	4:01	-	10	1:16	57	1:29	-	6:36	-	12	2:39	68	3:02	
Nordwand + Dov	-	5:25	-	8	1:30	49	1:42	-	12:01	-	11	4:09	60	4:44	
Nordwand + Dov	-	1:49	-	11	0:24	61	0:40	-	13:50	-	11	4:33	60	5:22	
Duckmäuser Eins	-	15:37	-	8	4:19	29	4:57	-	29:27	-	8	8:52	31	10:11	
Duckmäuser Aus	-	0:22	-	5	0:04	37	0:09	-	29:49	-	8	8:53	32	10:19	
Pneumant Einstie	-	0:42	-	10	0:21	60	0:28	-	30:31	-	8	9:14	28	10:39	
Pneumant Aussti	-	0:10	-	19	0:06	164	0:09	-	30:41	-	7	9:18	27	10:43	
Heuschnupfen Ei	-	10:49	-	8	2:56	42	3:30	-	41:30	-	7	12:14	27	14:13	
Heuschnupfen Ai	-	0:06	-	5	0:01	50	0:02	-	41:36	-	7	12:13	27	14:15	
Schlammbowle E	-	2:28	-	7	0:44	46	0:45	-	44:04	-	7	12:57	26	14:59	
Schlammbowle A	-	1:05	-	18	0:28	121	0:31	-	45:09	-	7	13:25	28	15:29	
Himmelsleiter +	-	3:54	-	4	0:54	28	1:11	-	49:03	-	7	14:19	25	16:33	
Himmelsleiter +	-	4:02	-	4	0:59	36	1:15	-	53:05	-	7	15:18	26	17:42	
Nordwand + Dov	-	5:40	-	7	1:30	38	1:42	-	58:45	-	7	16:48	26	19:21	
Nordwand + Dov	-	1:51	-	10	0:27	56	0:47	-	1:00:36	-	7	17:15	26	20:01	
Duckmäuser Eins	-	16:08	-	7	4:17	38	15:51	-	1:16:44	-	7	21:32	26	25:20	
Duckmäuser Aus	-	0:14	-	1	-	7	0:03	-	1:16:58	-	7	21:29	26	25:21	
Pneumant Einstie	-	0:52	-	12	0:31	63	0:32	-	1:17:50	-	7	22:00	25	25:53	
Pneumant Aussti	-	0:07	-	10	0:05	80	0:05	-	1:17:57	-	7	22:00	25	25:58	
Heuschnupfen Ei	-	10:38	-	6	2:44	36	3:17	-	1:28:35	-	7	24:44	25	29:15	
Heuschnupfen Ai	-	0:06	-	7	0:01	58	0:02	-	1:28:41	-	7	24:44	25	29:17	
Schlammbowle E	-	2:24	-	8	0:41	37	0:43	-	1:31:05	-	7	25:25	25	29:59	
Schlammbowle A	-	1:12	-	18	0:34	126	0:38	-	1:32:17	-	7	25:59	25	30:35	
Sportplatz Mühlb	8.00	3:39	-	5	0:21	38	0:28	16.00	1:35:56	5:59	9	26:20	42	30:46	