



Detailed evaluation

Dalbert, Frank

Club: run4fun
Number: 67

Course: 8.00 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:00:25

Speed: 7.94 km/h
Running performance: 7:33 min/km

Rank in course/Total: 128 (of 292)

Rank in course/Men: 103 (of 192)

Best time in course: 38:15

Rank in category: 10(of 19)

Best time in the category: 47:40

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 +	-	3:48	-	12	1:43	122	2:26	-	3:48	-	12	1:43	122	2:26
Himmelsleiter +	-	5:21	-	12	1:36	115	2:31	-	9:09	-	12	3:19	118	4:57
Nordwand + Dov	-	6:27	-	9	0:52	77	2:02	-	15:36	-	12	4:11	109	6:57
Nordwand + Dov	-	2:38	-	14	0:54	144	1:10	-	18:14	-	12	5:05	109	8:03
Duckmäuser Eins	-	19:11	-	6	3:29	75	6:50	-	37:25	-	6	7:25	82	14:39
Duckmäuser Aus	-	0:28	-	7	0:07	82	0:12	-	37:53	-	6	7:32	81	14:49
Pneumant Einstie	-	0:33	-	3	0:07	23	0:12	-	38:26	-	6	7:39	76	14:58
Pneumant Aussti	-	0:22	-	18	0:17	182	0:19	-	38:48	-	6	7:55	79	15:14
Heuschnupfen Ei	-	12:53	-	10	2:03	93	4:09	-	51:41	-	6	9:58	72	19:23
Heuschnupfen Ai	-	0:06	-	2	0:01	65	0:02	-	51:47	-	6	9:58	70	19:25
Schlammbowle E	-	2:40	-	6	0:19	72	0:45	-	54:27	-	6	10:17	68	20:09
Schlammbowle A	-	1:36	-	14	0:50	161	1:02	-	56:03	-	6	11:07	72	21:11
Sportplatz Mühlb	8.00	4:22	-	12	0:40	136	0:59	8.00	1:00:25	7:33	10	12:45	103	22:10