



Detailed evaluation

Gering, Ronny

Club: Gipfelstürmer
Number: 200

Course: 8.00 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:03:14

Speed: 7.59 km/h
Running performance: 7:54 min/km

Rank in course/Total: 149 (of 292)

Rank in course/Men: 117 (of 192)

Best time in course: 38:15

Rank in category: 23(of 38)

Best time in the category: 45:12

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 +	-	3:39	-	23	1:53	107	2:17	-	3:39	-	23	1:53	107	2:17
Himmelsleiter +	-	5:08	-	18	1:38	98	2:18	-	8:47	-	22	3:31	107	4:35
Nordwand + Dov	-	7:03	-	19	1:48	125	2:38	-	15:50	-	20	5:19	111	7:11
Nordwand + Dov	-	2:31	-	22	0:53	125	1:03	-	18:21	-	23	6:07	114	8:10
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	22:26	-	35	22:02	171	22:05	-	40:47	-	38	12:19	184	17:19
Pneumant Aussti	-	0:11	-	24	0:06	112	0:08	-	40:58	-	39	12:25	192	17:24
Heuschnupfen Ei	-	13:23	-	24	3:29	110	4:39	-	54:21	-	38	15:54	188	22:03
Heuschnupfen Ai	-	0:05	-	5	0:01	10	0:01	-	54:26	-	39	15:54	190	22:04
Schlammbowle E	-	3:06	-	30	1:01	134	1:11	-	57:32	-	39	16:47	189	23:14
Schlammbowle A	-	1:01	-	17	0:17	74	0:27	-	58:33	-	39	17:04	191	23:41
Sportplatz Mühlb	8.00	4:41	-	32	1:01	169	1:18	8.00	1:03:14	7:54	23	18:02	117	24:59