



Detailed evaluation

Rentrop, Malte

Club: Crossfit Team Samurai
Number: 249

Course: 8.00 km
Sprint

Category:
Männer (20-29 Jahre)

Total time: 56:34

Speed: 8.49 km/h
Running performance: 7:04 min/km

Rank in course/Total: 73 (of 292)

Rank in course/Men: 64 (of 192)

Best time in course: 38:15

Rank in category: 14(of 40)

Best time in the category: 38:39

Control	Intermediate times							Stage score				Total ranking			
	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 +	-	2:48	-	11	1:26	57	1:26	-	2:48	-	11	1:26	57	1:26	
Himmelsleiter +	-	4:48	-	21	1:58	79	1:58	-	7:36	-	15	3:24	68	3:24	
Nordwand + Dov	-	6:46	-	23	2:19	108	2:21	-	14:22	-	15	5:43	67	5:43	
Nordwand + Dov	-	2:11	-	13	0:39	64	0:43	-	16:33	-	15	6:22	68	6:22	
Duckmäuser Eins	-	18:58	-	17	4:32	72	6:37	-	35:31	-	13	8:16	64	12:45	
Duckmäuser Aus	-	0:25	-	12	0:09	51	0:09	-	35:56	-	13	8:21	63	12:52	
Pneumant Einstie	-	0:38	-	8	0:17	41	0:17	-	36:34	-	13	8:30	57	13:06	
Pneumant Aussti	-	0:06	-	5	0:03	19	0:03	-	36:40	-	13	8:33	57	13:06	
Heuschnupfen Ei	-	12:26	-	14	3:31	73	3:42	-	49:06	-	12	10:47	56	16:48	
Heuschnupfen Ai	-	0:06	-	19	0:02	65	0:02	-	49:12	-	12	10:49	54	16:50	
Schlammbowle E	-	2:34	-	13	0:39	57	0:39	-	51:46	-	12	11:15	53	17:28	
Schlammbowle A	-	1:05	-	20	0:25	90	0:31	-	52:51	-	12	11:36	52	17:59	
Sportplatz Mühlb	8.00	3:43	-	6	0:18	21	0:20	8.00	56:34	7:04	14	17:55	64	18:19	