



Detailed evaluation

Knoth, Thomas

Club: Heilbad Heiligenstadt
Number: 508

Course: 16.00 km
Expert

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:55:07

Speed: 8.34 km/h
Running performance: 7:11 min/km

Rank in course/Total: 165 (of 304)

Rank in course/Men: 154 (of 252)

Best time in course: 1:05:10

Rank in category: 4(of 12)

Best time in the category: 1:48:03

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 +	-	2:30	-	1	-	77	1:28	-	2:30	-	1	-	77	1:28	
Himmelsleiter +	-	4:09	-	1	-	66	1:37	-	6:39	-	1	-	70	3:05	
Nordwand + Dov	-	5:57	-	4	0:26	132	2:14	-	12:36	-	1	-	76	5:19	
Nordwand + Dov	-	1:53	-	1	-	72	0:44	-	14:29	-	1	-	79	6:01	
Duckmäuser Eins	-	17:52	-	5	0:29	91	7:12	-	32:21	-	1	-	62	13:05	
Duckmäuser Aus	-	0:24	-	2	0:01	57	0:11	-	32:45	-	1	-	62	13:15	
Pneumant Einstie	-	1:16	-	8	0:32	150	1:02	-	34:01	-	2	0:15	63	14:09	
Pneumant Aussti	-	0:04	-	1	-	11	0:03	-	34:05	-	2	0:10	60	14:07	
Heuschnupfen Ei	-	12:17	-	2	0:21	132	4:58	-	46:22	-	1	-	59	19:05	
Heuschnupfen Ai	-	0:06	-	2	0:01	50	0:02	-	46:28	-	1	-	59	19:07	
Schlammbowle E	-	2:54	-	7	0:14	163	1:11	-	49:22	-	1	-	60	20:17	
Schlammbowle A	-	1:02	-	1	-	106	0:28	-	50:24	-	1	-	60	20:44	
Himmelsleiter +	-	5:16	-	8	1:06	187	2:33	-	55:40	-	1	-	60	23:10	
Himmelsleiter +	-	5:11	-	7	0:35	185	2:24	-	1:00:51	-	1	-	61	25:28	
Nordwand + Dov	-	7:41	-	9	1:29	208	3:43	-	1:08:32	-	3	1:16	73	29:08	
Nordwand + Dov	-	2:01	-	1	-	119	0:57	-	1:10:33	-	3	1:09	72	29:58	
Duckmäuser Eins	-	20:03	-	7	2:37	128	19:46	-	1:30:36	-	3	3:46	67	39:12	
Duckmäuser Aus	-	0:24	-	2	0:01	70	0:13	-	1:31:00	-	3	3:41	67	39:23	
Pneumant Einstie	-	1:15	-	7	0:25	127	0:55	-	1:32:15	-	3	4:06	58	40:18	
Pneumant Aussti	-	0:08	-	3	0:03	103	0:06	-	1:32:23	-	3	4:05	58	40:24	
Heuschnupfen Ei	-	13:46	-	9	1:51	185	6:25	-	1:46:09	-	3	5:56	60	46:49	
Heuschnupfen Ai	-	0:07	-	4	0:01	132	0:03	-	1:46:16	-	3	5:55	60	46:52	
Schlammbowle E	-	3:12	-	9	0:43	204	1:31	-	1:49:28	-	4	6:28	61	48:22	
Schlammbowle A	-	1:19	-	4	0:08	165	0:45	-	1:50:47	-	3	6:30	60	49:05	
Sportplatz Mühlb	8.00	4:20	-	9	0:34	217	1:09	16.00	1:55:07	7:11	4	7:04	154	49:57	