



Detailed evaluation

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Club: N3 Sportverein e.V.
Number: 290

Course: 8.00 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:03:55

Speed: 7.51 km/h
Running performance: 7:59 min/km

Rank in course/Total: 157 (of 292)

Rank in course/Men: 122 (of 192)

Best time in course: 38:15

Rank in category: 18(of 29)

Best time in the category: 43:19

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 +	-	3:07	-	14	1:19	73	1:45	-	3:07	-	14	1:19	73	1:45
Himmelsleiter +	-	5:22	-	19	1:58	116	2:32	-	8:29	-	17	3:12	93	4:17
Nordwand + Dov	-	7:34	-	25	2:33	156	3:09	-	16:03	-	19	5:45	116	7:24
Nordwand + Dov	-	2:35	-	24	1:05	138	1:07	-	18:38	-	19	6:50	118	8:27
Duckmäuser Eins	-	20:57	-	20	6:55	98	8:36	-	39:35	-	17	13:45	92	16:49
Duckmäuser Aus	-	0:34	-	21	0:18	114	0:18	-	40:09	-	17	14:03	91	17:05
Pneumant Einstie	-	1:50	-	23	1:21	146	1:29	-	41:59	-	18	15:22	93	18:31
Pneumant Aussti	-	0:11	-	13	0:07	112	0:08	-	42:10	-	18	15:27	93	18:36
Heuschnupfen Ei	-	12:54	-	15	2:58	95	4:10	-	55:04	-	17	18:25	88	22:46
Heuschnupfen Ai	-	0:06	-	5	0:01	65	0:02	-	55:10	-	15	18:24	86	22:48
Schlammbowle E	-	2:46	-	12	0:34	91	0:51	-	57:56	-	14	18:58	83	23:38
Schlammbowle A	-	1:43	-	26	1:01	167	1:09	-	59:39	-	14	19:56	84	24:47
Sportplatz Mühlb	8.00	4:16	-	22	0:40	124	0:53	8.00	1:03:55	7:59	18	20:36	122	25:40