



## Detailed evaluation

### Möhring, Lutz

Club: Einbeck  
Number: 655

Course: 16.00 km  
Expert

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:27:34

Speed: 10.96 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 26 (of 304)

Rank in course/Men: 25 (of 252)

Best time in course: 1:05:10

Rank in category: 3(of 35)

Best time in the category: 1:17:46

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 +	-	1:43	-	3	0:18	20	0:41	-	1:43	-	3	0:18	20	0:41	
Himmelsleiter +	-	3:32	-	4	0:31	31	1:00	-	5:15	-	3	0:48	27	1:41	
Nordwand + Dov	-	5:10	-	3	0:51	30	1:27	-	10:25	-	3	1:39	30	3:08	
Nordwand + Dov	-	1:36	-	4	0:15	29	0:27	-	12:01	-	3	1:54	28	3:33	
Duckmäuser Eins	-	14:13	-	3	1:32	17	3:33	-	26:14	-	3	3:26	20	6:58	
Duckmäuser Aus	-	0:25	-	9	0:05	70	0:12	-	26:39	-	3	3:31	19	7:09	
Pneumant Einstie	-	0:29	-	4	0:05	19	0:15	-	27:08	-	3	3:34	17	7:16	
Pneumant Aussti	-	0:05	-	3	0:03	22	0:04	-	27:13	-	3	3:34	15	7:15	
Heuschnupfen Ei	-	9:57	-	4	1:04	25	2:38	-	37:10	-	3	4:38	16	9:53	
Heuschnupfen Ai	-	0:06	-	6	0:01	50	0:02	-	37:16	-	3	4:38	16	9:55	
Schlammbowle E	-	2:17	-	3	0:13	23	0:34	-	39:33	-	3	4:51	16	10:28	
Schlammbowle A	-	0:54	-	6	0:08	54	0:20	-	40:27	-	3	4:59	16	10:47	
Himmelsleiter +	-	3:47	-	3	0:23	23	1:04	-	44:14	-	3	5:22	16	11:44	
Himmelsleiter +	-	3:46	-	3	0:21	23	0:59	-	48:00	-	3	5:43	15	12:37	
Nordwand + Dov	-	5:18	-	3	0:35	22	1:20	-	53:18	-	3	6:18	15	13:54	
Nordwand + Dov	-	1:36	-	5	0:11	25	0:32	-	54:54	-	3	6:29	15	14:19	
Duckmäuser Eins	-	14:52	-	4	14:35	26	14:35	-	1:09:46	-	3	8:12	15	18:22	
Duckmäuser Aus	-	0:22	-	5	0:10	47	0:11	-	1:10:08	-	3	8:12	15	18:31	
Pneumant Einstie	-	0:33	-	5	0:13	20	0:13	-	1:10:41	-	3	8:20	15	18:44	
Pneumant Aussti	-	0:06	-	9	0:03	52	0:04	-	1:10:47	-	3	8:22	15	18:48	
Heuschnupfen Ei	-	10:10	-	4	1:14	26	2:49	-	1:20:57	-	3	9:36	15	21:37	
Heuschnupfen Ai	-	0:05	-	1	-	9	0:01	-	1:21:02	-	3	9:36	15	21:38	
Schlammbowle E	-	2:13	-	2	0:09	20	0:32	-	1:23:15	-	3	9:45	15	22:09	
Schlammbowle A	-	0:44	-	1	-	11	0:10	-	1:23:59	-	3	9:42	15	22:17	
Sportplatz Mühlb	8.00	3:35	-	4	0:06	23	0:24	16.00	1:27:34	5:28	3	9:48	25	22:24	