



Detailed evaluation

Reißig, Holger

Club: trial & error
Number: 126

Course: 8.00 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:05:48

Speed: 7.29 km/h
Running performance: 8:13 min/km

Rank in course/Total: 178 (of 292)

Rank in course/Men: 137 (of 192)

Best time in course: 38:15

Rank in category: 29(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 +	-	4:34	-	32	2:48	146	3:12	-	4:34	-	32	2:48	146	3:12
Himmelsleiter +	-	6:04	-	35	2:34	182	3:14	-	10:38	-	33	5:22	154	6:26
Nordwand + Dov	-	7:28	-	28	2:13	150	3:03	-	18:06	-	30	7:35	155	9:27
Nordwand + Dov	-	3:38	-	36	2:00	186	2:10	-	21:44	-	34	9:30	166	11:33
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	20:15	-	28	19:56	138	19:59	-	41:59	-	34	14:07	166	18:55
Pneumant Einstie	-	2:38	-	30	2:14	154	2:17	-	44:37	-	38	16:09	184	21:09
Pneumant Aussti	-	0:12	-	27	0:07	133	0:09	-	44:49	-	39	16:16	192	21:15
Heuschnupfen Ei	-	12:23	-	17	2:29	71	3:39	-	57:12	-	38	18:45	188	24:54
Heuschnupfen Ai	-	0:05	-	5	0:01	10	0:01	-	57:17	-	39	18:45	190	24:55
Schlammbowle E	-	2:53	-	25	0:48	108	0:58	-	1:00:10	-	39	19:25	189	25:52
Schlammbowle A	-	1:34	-	33	0:50	156	1:00	-	1:01:44	-	39	20:15	191	26:52
Sportplatz Mühlb	8.00	4:04	-	16	0:24	85	0:41	8.00	1:05:48	8:13	29	20:36	137	27:33