



## Detailed evaluation

**Niggemann, Roland**

Club: Olsberg  
Number: 161

Course: 8.00 km  
Sprint

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:14:07

Speed: 6.48 km/h  
Running performance: 9:16 min/km

Rank in course/Total: 254 (of 292)

Rank in course/Men: 175 (of 192)

Best time in course: 38:15

Rank in category: 17(of 19)

Best time in the category: 47:40

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 +	-	6:05	-	18	4:00	186	4:43	-	6:05	-	18	4:00	186	4:43
Himmelsleiter +	-	5:49	-	15	2:04	157	2:59	-	11:54	-	18	6:04	186	7:42
Nordwand + Dov	-	8:07	-	17	2:32	176	3:42	-	20:01	-	18	8:36	184	11:22
Nordwand + Dov	-	3:13	-	17	1:29	177	1:45	-	23:14	-	18	10:05	184	13:03
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	25:44	-	17	25:18	181	25:23	-	48:58	-	19	18:11	114	25:30
Pneumant Aussti	-	0:08	-	7	0:03	52	0:05	-	49:06	-	20	18:13	192	25:32
Heuschnupfen Ei	-	15:14	-	15	4:24	162	6:30	-	1:04:20	-	20	22:37	188	32:02
Heuschnupfen Ai	-	0:07	-	13	0:02	122	0:03	-	1:04:27	-	20	22:38	190	32:05
Schlammbowle E	-	3:42	-	14	1:21	172	1:47	-	1:08:09	-	19	23:59	189	33:51
Schlammbowle A	-	1:14	-	7	0:28	110	0:40	-	1:09:23	-	19	24:27	191	34:31
Sportplatz Mühlb	8.00	4:44	-	15	1:02	172	1:21	8.00	1:14:07	9:15	17	26:27	175	35:52