



Detailed evaluation

Eisentraut, Frank

Club: EFC Calisthenics
Number: 193

Course: 8.00 km
Sprint

Category:
Männer (20-29 Jahre)

Total time: 1:00:10

Speed: 7.98 km/h
Running performance: 7:31 min/km

Rank in course/Total: 121 (of 292)

Rank in course/Men: 96 (of 192)

Best time in course: 38:15

Rank in category: 22(of 40)

Best time in the category: 38:39

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 +	-	3:21	-	19	1:59	85	1:59	-	3:21	-	19	1:59	85	1:59
Himmelsleiter +	-	4:35	-	14	1:45	62	1:45	-	7:56	-	17	3:44	74	3:44
Nordwand + Dov	-	6:33	-	18	2:06	88	2:08	-	14:29	-	17	5:50	70	5:50
Nordwand + Dov	-	2:33	-	27	1:01	135	1:05	-	17:02	-	20	6:51	76	6:51
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	19:18	-	28	19:02	132	19:02	-	36:20	-	36	8:45	166	13:16
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Aussti	-	1:36	-	40	1:33	188	1:33	-	37:56	-	41	9:49	192	14:22
Heuschnupfen Ei	-	13:52	-	25	4:57	123	5:08	-	51:48	-	40	13:29	188	19:30
Heuschnupfen Ai	-	0:05	-	3	0:01	10	0:01	-	51:53	-	41	13:30	190	19:31
Schlammbowle E	-	2:46	-	20	0:51	91	0:51	-	54:39	-	41	14:08	189	20:21
Schlammbowle A	-	1:16	-	27	0:36	115	0:42	-	55:55	-	41	14:40	191	21:03
Sportplatz Mühlb	8.00	4:15	-	26	0:50	120	0:52	8.00	1:00:10	7:31	22	21:31	96	21:55