



Detailed evaluation

Spangenberg, Rene

Club: Crossfit
Number: 23

Course: 8.00 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:09:30

Speed: 6.91 km/h
Running performance: 8:41 min/km

Rank in course/Total: 210 (of 292)

Rank in course/Men: 157 (of 192)

Best time in course: 38:15

Rank in category: 30(of 31)

Best time in the category: 44:14

| 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 + | - | 4:07 | - | 23 | 2:08 | 128 | 2:45 | - | 4:07 | - | 23 | 2:08 | 128 | 2:45 |
| Himmelsleiter + | - | 5:45 | - | 29 | 2:21 | 150 | 2:55 | - | 9:52 | - | 23 | 4:29 | 130 | 5:40 |
| Nordwand + Dov | - | 7:37 | - | 26 | 2:36 | 158 | 3:12 | - | 17:29 | - | 26 | 7:05 | 141 | 8:50 |
| Nordwand + Dov | - | 2:28 | - | 19 | 0:59 | 114 | 1:00 | - | 19:57 | - | 26 | 8:04 | 141 | 9:46 |
| Duckmäuser Eins | - | fehlt! | - | - | - | - | - | - | - | - | - | - | - | - |
| Duckmäuser Aus | - | 23:30 | - | 29 | 23:11 | 156 | 23:14 | - | 43:27 | - | 30 | 15:12 | 166 | 20:23 |
| Pneumant Einstie | - | 1:19 | - | 22 | 0:51 | 124 | 0:58 | - | 44:46 | - | 30 | 13:39 | 184 | 21:18 |
| Pneumant Aussti | - | 0:15 | - | 27 | 0:12 | 167 | 0:12 | - | 45:01 | - | 32 | 13:49 | 192 | 21:27 |
| Heuschnupfen Ei | - | 15:20 | - | 29 | 5:24 | 165 | 6:36 | - | 1:00:21 | - | 31 | 18:01 | 188 | 28:03 |
| Heuschnupfen Ai | - | 0:07 | - | 21 | 0:02 | 122 | 0:03 | - | 1:00:28 | - | 32 | 18:03 | 190 | 28:06 |
| Schlammbowle E | - | 3:11 | - | 27 | 0:59 | 141 | 1:16 | - | 1:03:39 | - | 32 | 18:50 | 189 | 29:21 |
| Schlammbowle A | - | 1:21 | - | 24 | 0:46 | 131 | 0:47 | - | 1:05:00 | - | 32 | 19:21 | 191 | 30:08 |
| Sportplatz Mühlb | 8.00 | 4:30 | - | 28 | 0:53 | 152 | 1:07 | 8.00 | 1:09:30 | 8:41 | 30 | 25:16 | 157 | 31:15 |