



## Detailed evaluation

Oehler, Maik

Club: CROSSFIT ERFURT  
Number: 203

Course: 8.00 km  
Sprint

Category:  
Senioren M30 (30-34 Jahre)

Total time: 50:09

Speed: 9.57 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 38 (of 292)

Rank in course/Men: 36 (of 192)

Best time in course: 38:15

Rank in category: 8(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 +	-	2:10	-	6	0:24	24	0:48	-	2:10	-	6	0:24	24	0:48	
Himmelsleiter +	-	3:59	-	7	0:29	30	1:09	-	6:09	-	6	0:53	25	1:57	
Nordwand + Dov	-	5:47	-	6	0:32	32	1:22	-	11:56	-	6	1:25	25	3:17	
Nordwand + Dov	-	1:51	-	5	0:13	30	0:23	-	13:47	-	6	1:33	27	3:36	
Duckmäuser Eins	-	16:40	-	8	2:00	35	4:19	-	30:27	-	5	2:57	27	7:41	
Duckmäuser Aus	-	0:22	-	6	0:03	26	0:06	-	30:49	-	5	2:57	26	7:45	
Pneumant Einstie	-	0:45	-	10	0:21	54	0:24	-	31:34	-	5	3:06	24	8:06	
Pneumant Aussti	-	0:06	-	4	0:01	19	0:03	-	31:40	-	5	3:07	24	8:06	
Heuschnupfen Ei	-	11:21	-	11	1:27	40	2:37	-	43:01	-	8	4:34	29	10:43	
Heuschnupfen Ai	-	0:06	-	14	0:02	65	0:02	-	43:07	-	8	4:35	28	10:45	
Schlammbowle E	-	2:23	-	7	0:18	26	0:28	-	45:30	-	8	4:45	27	11:12	
Schlammbowle A	-	0:57	-	13	0:13	57	0:23	-	46:27	-	8	4:58	27	11:35	
Sportplatz Mühlb	8.00	3:42	-	2	0:02	16	0:19	8.00	50:09	6:16	8	4:57	36	11:54	