



Detailed evaluation

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Club: SWE Laufteam
Number: 304

Course: 8.00 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 55:56

Speed: 8.58 km/h
Running performance: 6:59 min/km

Rank in course/Total: 66 (of 292)

Rank in course/Men: 58 (of 192)

Best time in course: 38:15

Rank in category: 9(of 29)

Best time in the category: 43:19

Control	Intermediate times				Stage score				Total ranking					
	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 +	-	3:24	-	18	1:36	92	2:02	-	3:24	-	18	1:36	92	2:02
Himmelsleiter +	-	4:36	-	11	1:12	63	1:46	-	8:00	-	15	2:43	77	3:48
Nordwand + Dov	-	6:12	-	11	1:11	62	1:47	-	14:12	-	11	3:54	66	5:33
Nordwand + Dov	-	2:05	-	10	0:35	58	0:37	-	16:17	-	11	4:29	65	6:06
Duckmäuser Eins	-	17:34	-	8	3:32	43	5:13	-	33:51	-	10	8:01	51	11:05
Duckmäuser Aus	-	0:25	-	9	0:09	51	0:09	-	34:16	-	10	8:10	50	11:12
Pneumant Einstie	-	0:56	-	11	0:27	74	0:35	-	35:12	-	10	8:35	48	11:44
Pneumant Aussti	-	0:08	-	5	0:04	52	0:05	-	35:20	-	10	8:37	48	11:46
Heuschnupfen Ei	-	12:47	-	13	2:51	89	4:03	-	48:07	-	10	11:28	48	15:49
Heuschnupfen Ai	-	0:11	-	27	0:06	180	0:07	-	48:18	-	8	11:32	47	15:56
Schlammbowle E	-	2:40	-	10	0:28	72	0:45	-	50:58	-	8	12:00	46	16:40
Schlammbowle A	-	1:04	-	13	0:22	84	0:30	-	52:02	-	8	12:19	47	17:10
Sportplatz Mühlb	8.00	3:54	-	6	0:18	52	0:31	8.00	55:56	6:59	9	12:37	58	17:41