



Detailed evaluation

Heinze, Thomas

Club: THE PURE NATURE CLAN
Number: 90

Course: 8.00 km
Sprint

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:04:53

Speed: 7.40 km/h
Running performance: 8:07 min/km

Rank in course/Total: 169 (of 292)

Rank in course/Men: 129 (of 192)

Best time in course: 38:15

Rank in category: 6(of 12)

Best time in the category: 42:47

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 +	-	4:22	-	6	2:37	135	3:00	-	4:22	-	6	2:37	135	3:00
Himmelsleiter +	-	5:37	-	5	2:18	127	2:47	-	9:59	-	6	4:55	133	5:47
Nordwand + Dov	-	6:43	-	6	1:53	107	2:18	-	16:42	-	6	6:48	131	8:03
Nordwand + Dov	-	2:24	-	6	0:47	95	0:56	-	19:06	-	6	7:35	131	8:55
Duckmäuser Eins	-	20:33	-	4	6:43	93	8:12	-	39:39	-	4	14:18	93	16:53
Duckmäuser Aus	-	0:34	-	6	0:14	114	0:18	-	40:13	-	4	14:32	92	17:09
Pneumant Einstie	-	1:05	-	8	0:34	99	0:44	-	41:18	-	4	15:06	89	17:50
Pneumant Aussti	-	0:11	-	8	0:03	112	0:08	-	41:29	-	4	15:09	89	17:55
Heuschnupfen Ei	-	14:23	-	6	4:44	140	5:39	-	55:52	-	4	19:53	90	23:34
Heuschnupfen Ai	-	0:05	-	1	-	10	0:01	-	55:57	-	4	19:53	88	23:35
Schlammbowle E	-	3:14	-	7	0:58	148	1:19	-	59:11	-	4	20:50	87	24:53
Schlammbowle A	-	1:32	-	8	0:43	152	0:58	-	1:00:43	-	4	21:33	89	25:51
Sportplatz Mühlb	8.00	4:10	-	4	0:33	108	0:47	8.00	1:04:53	8:06	6	22:06	129	26:38