



Detailed evaluation

Heering, Alexander

Club: Die glorreichen 7
Number: 516

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:42:33

Speed: 9.36 km/h
Running performance: 6:25 min/km

Rank in course/Total: 78 (of 304)

Rank in course/Men: 73 (of 252)

Best time in course: 1:05:10

Rank in category: 14(of 53)

Best time in the category: 1:09:26

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 +	-	2:48	-	19	1:41	113	1:46	-	2:48	-	19	1:41	113	1:46	
Himmelsleiter +	-	4:22	-	13	1:33	82	1:50	-	7:10	-	15	3:14	94	3:36	
Nordwand + Dov	-	5:21	-	7	1:26	43	1:38	-	12:31	-	13	4:40	71	5:14	
Nordwand + Dov	-	1:47	-	6	0:31	47	0:38	-	14:18	-	13	5:01	71	5:50	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	16:27	-	34	16:10	170	16:14	-	30:45	-	45	9:49	41	11:15	
Pneumant Einstie	-	1:05	-	25	0:45	119	0:51	-	31:50	-	50	10:34	230	11:58	
Pneumant Aussti	-	0:10	-	37	0:08	164	0:09	-	32:00	-	52	10:40	247	12:02	
Heuschneppen Ei	-	11:38	-	18	3:43	88	4:19	-	43:38	-	52	14:23	242	16:21	
Heuschneppen Ai	-	0:06	-	13	0:02	50	0:02	-	43:44	-	52	14:24	242	16:23	
Schlammbowle E	-	2:34	-	8	0:48	67	0:51	-	46:18	-	51	15:12	42	17:13	
Schlammbowle A	-	0:59	-	18	0:23	85	0:25	-	47:17	-	52	15:35	248	17:37	
Himmelsleiter +	-	4:17	-	10	1:16	57	1:34	-	51:34	-	51	16:51	244	19:04	
Himmelsleiter +	-	4:25	-	11	1:22	72	1:38	-	55:59	-	51	18:13	40	20:36	
Nordwand + Dov	-	6:03	-	11	1:53	67	2:05	-	1:02:02	-	51	20:06	244	22:38	
Nordwand + Dov	-	1:57	-	15	0:34	84	0:53	-	1:03:59	-	51	20:39	244	23:24	
Duckmäuser Eins	-	17:34	-	12	5:43	70	17:17	-	1:21:33	-	41	26:22	191	30:09	
Duckmäuser Aus	-	0:23	-	11	0:08	57	0:12	-	1:21:56	-	48	26:28	223	30:19	
Pneumant Einstie	-	1:12	-	25	0:51	112	0:52	-	1:23:08	-	46	27:19	196	31:11	
Pneumant Aussti	-	0:09	-	31	0:07	135	0:07	-	1:23:17	-	51	27:24	245	31:18	
Heuschneppen Ei	-	11:24	-	12	3:26	71	4:03	-	1:34:41	-	51	30:50	245	35:21	
Heuschneppen Ai	-	0:07	-	28	0:03	132	0:03	-	1:34:48	-	51	30:53	243	35:24	
Schlammbowle E	-	2:38	-	12	0:57	78	0:57	-	1:37:26	-	52	31:50	241	36:20	
Schlammbowle A	-	1:11	-	30	0:32	118	0:37	-	1:38:37	-	52	32:22	247	36:55	
Sportplatz Mühlb	8.00	3:56	-	22	0:45	120	0:45	16.00	1:42:33	6:24	14	33:07	73	37:23	