



## Detailed evaluation

Schäge, Rico

Club: Arnstadt läuft  
Number: 159

Course: 8.00 km  
Sprint

Category:  
Senioren M40 (40-44 Jahre)

Total time: 56:02

Speed: 8.57 km/h  
Running performance: 7:00 min/km

Rank in course/Total: 68 (of 292)

Rank in course/Men: 61 (of 192)

Best time in course: 38:15

Rank in category: 11(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 +	-	3:37	-	19	1:49	106	2:15	-	3:37	-	19	1:49	106	2:15
Himmelsleiter +	-	4:59	-	15	1:35	88	2:09	-	8:36	-	18	3:19	101	4:24
Nordwand + Dov	-	6:17	-	12	1:16	68	1:52	-	14:53	-	15	4:35	86	6:14
Nordwand + Dov	-	2:20	-	14	0:50	82	0:52	-	17:13	-	14	5:25	84	7:02
Duckmäuser Eins	-	17:39	-	10	3:37	46	5:18	-	34:52	-	11	9:02	57	12:06
Duckmäuser Aus	-	0:19	-	3	0:03	7	0:03	-	35:11	-	11	9:05	56	12:07
Pneumant Einstie	-	0:29	-	1	-	10	0:08	-	35:40	-	11	9:03	50	12:12
Pneumant Aussti	-	0:10	-	11	0:06	103	0:07	-	35:50	-	11	9:07	50	12:16
Heuschnupfen Ei	-	12:29	-	10	2:33	74	3:45	-	48:19	-	11	11:40	50	16:01
Heuschnupfen Ai	-	0:08	-	21	0:03	156	0:04	-	48:27	-	9	11:41	48	16:05
Schlammbowle E	-	2:38	-	9	0:26	65	0:43	-	51:05	-	9	12:07	48	16:47
Schlammbowle A	-	1:00	-	8	0:18	70	0:26	-	52:05	-	9	12:22	48	17:13
Sportplatz Mühlb	8.00	3:57	-	8	0:21	61	0:34	8.00	56:02	7:00	11	12:43	61	17:47