



Detailed evaluation

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Club: Arnstadt
Number: 45

Course: 8.00 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 57:25

Speed: 8.36 km/h
Running performance: 7:11 min/km

Rank in course/Total: 84 (of 292)

Rank in course/Men: 73 (of 192)

Best time in course: 38:15

Rank in category: 15(of 31)

Best time in the category: 44:14

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 +	-	3:01	-	10	1:02	70	1:39	-	3:01	-	10	1:02	70	1:39
Himmelsleiter +	-	4:32	-	10	1:08	61	1:42	-	7:33	-	10	2:10	66	3:21
Nordwand + Dov	-	6:11	-	15	1:10	61	1:46	-	13:44	-	10	3:20	61	5:05
Nordwand + Dov	-	2:12	-	13	0:43	66	0:44	-	15:56	-	11	4:03	61	5:45
Duckmäuser Eins	-	19:12	-	16	4:40	76	6:51	-	35:08	-	13	8:43	59	12:22
Duckmäuser Aus	-	0:31	-	16	0:12	103	0:15	-	35:39	-	12	7:24	58	12:35
Pneumant Einstie	-	0:46	-	9	0:18	56	0:25	-	36:25	-	10	5:18	56	12:57
Pneumant Aussti	-	0:14	-	26	0:11	159	0:11	-	36:39	-	10	5:27	56	13:05
Heuschnupfen Ei	-	12:40	-	19	2:44	85	3:56	-	49:19	-	12	6:59	58	17:01
Heuschnupfen Ai	-	0:06	-	11	0:01	65	0:02	-	49:25	-	12	7:00	56	17:03
Schlammbowle E	-	2:54	-	22	0:42	109	0:59	-	52:19	-	12	7:30	58	18:01
Schlammbowle A	-	1:15	-	19	0:40	111	0:41	-	53:34	-	12	7:55	58	18:42
Sportplatz Mühlb	8.00	3:51	-	6	0:14	43	0:28	8.00	57:25	7:10	15	13:11	73	19:10