



Detailed evaluation

Kühn, Henry

Club: Koma Gera
Number: 496

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:06:42

Speed: 7.58 km/h
Running performance: 7:55 min/km

Rank in course/Total: 230 (of 304)

Rank in course/Men: 207 (of 252)

Best time in course: 1:05:10

Rank in category: 42(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 +	-	3:11	-	28	2:04	147	2:09	-	3:11	-	28	2:04	147	2:09	
Himmelsleiter +	-	5:22	-	43	2:33	210	2:50	-	8:33	-	33	4:37	162	4:59	
Nordwand + Dov	-	6:32	-	36	2:37	185	2:49	-	15:05	-	34	7:14	177	7:48	
Nordwand + Dov	-	2:26	-	41	1:10	198	1:17	-	17:31	-	34	8:14	178	9:03	
Duckmäuser Eins	-	19:08	-	21	7:50	116	8:28	-	36:39	-	20	16:04	117	17:23	
Duckmäuser Aus	-	0:27	-	17	0:10	92	0:14	-	37:06	-	21	16:10	116	17:36	
Pneumant Einstie	-	1:14	-	33	0:54	147	1:00	-	38:20	-	18	17:04	102	18:28	
Pneumant Aussti	-	0:07	-	13	0:05	72	0:06	-	38:27	-	18	17:07	102	18:29	
Heuschupfen Ei	-	13:17	-	35	5:22	185	5:58	-	51:44	-	19	22:29	101	24:27	
Heuschupfen Ai	-	0:07	-	34	0:03	139	0:03	-	51:51	-	19	22:31	97	24:30	
Schlammbowle E	-	2:57	-	31	1:11	171	1:14	-	54:48	-	18	23:42	95	25:43	
Schlammbowle A	-	1:18	-	36	0:42	175	0:44	-	56:06	-	18	24:24	95	26:26	
Himmelsleiter +	-	5:56	-	45	2:55	222	3:13	-	1:02:02	-	20	27:19	97	29:32	
Himmelsleiter +	-	5:28	-	44	2:25	210	2:41	-	1:07:30	-	20	29:44	97	32:07	
Nordwand + Dov	-	8:03	-	46	3:53	221	4:05	-	1:15:33	-	20	33:37	100	36:09	
Nordwand + Dov	-	2:24	-	40	1:01	204	1:20	-	1:17:57	-	20	34:37	100	37:22	
Duckmäuser Eins	-	22:19	-	37	10:28	168	22:02	-	1:40:16	-	20	45:05	93	48:52	
Duckmäuser Aus	-	0:27	-	23	0:12	112	0:16	-	1:40:43	-	20	45:15	92	49:06	
Pneumant Einstie	-	1:13	-	26	0:52	114	0:53	-	1:41:56	-	19	46:07	83	49:59	
Pneumant Aussti	-	0:08	-	22	0:06	103	0:06	-	1:42:04	-	19	46:11	83	50:05	
Heuschupfen Ei	-	15:21	-	47	7:23	223	8:00	-	1:57:25	-	19	53:34	84	58:05	
Heuschupfen Ai	-	0:10	-	49	0:06	222	0:06	-	1:57:35	-	19	53:40	84	58:11	
Schlammbowle E	-	3:28	-	47	1:47	224	1:47	-	2:01:03	-	19	55:27	82	59:57	
Schlammbowle A	-	1:34	-	44	0:55	207	1:00	-	2:02:37	-	19	56:22	82	1:00:55	
Sportplatz Mühlb	8.00	4:05	-	32	0:54	171	0:54	16.00	2:06:42	7:55	42	57:16	207	1:01:32	