



Detailed evaluation

Bender, Michael

Club: Erfurt
Number: 10

Course: 8.00 km
Sprint

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:40

Speed: 10.07 km/h
Running performance: 5:58 min/km

Rank in course/Total: 19 (of 292)

Rank in course/Men: 18 (of 192)

Best time in course: 38:15

Rank in category: 1(of 19)

Best time in the category: 47:40

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 +	-	2:05	-	1	-	16	0:43	-	2:05	-	1	-	16	0:43
Himmelsleiter +	-	3:45	-	1	-	10	0:55	-	5:50	-	1	-	13	1:38
Nordwand + Dov	-	5:35	-	1	-	22	1:10	-	11:25	-	1	-	18	2:46
Nordwand + Dov	-	1:44	-	1	-	18	0:16	-	13:09	-	1	-	16	2:58
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	16:02	-	10	15:41	124	15:46	-	29:11	-	15	-	166	6:07
Pneumant Einstie	-	0:33	-	3	0:07	23	0:12	-	29:44	-	19	-	184	6:16
Pneumant Aussti	-	0:05	-	1	-	8	0:02	-	29:49	-	20	-	192	6:15
Heuschnupfen Ei	-	10:53	-	3	0:03	23	2:09	-	40:42	-	20	-	188	8:24
Heuschnupfen Ai	-	0:06	-	2	0:01	65	0:02	-	40:48	-	20	-	190	8:26
Schlammbowle E	-	2:22	-	2	0:01	21	0:27	-	43:10	-	19	-	189	8:52
Schlammbowle A	-	0:48	-	2	0:02	24	0:14	-	43:58	-	19	-	191	9:06
Sportplatz Mühlb	8.00	3:42	-	1	-	16	0:19	8.00	47:40	5:57	1	-	18	9:25