



Detailed evaluation

Tiesel, Steffen

Club: Laufjunkies
Number: 360

Course: 8.00 km
Sprint

Category:
Senioren M30 (30-34 Jahre)

Total time: 49:54

Speed: 9.62 km/h
Running performance: 6:14 min/km

Rank in course/Total: 35 (of 292)

Rank in course/Men: 33 (of 192)

Best time in course: 38:15

Rank in category: 6(of 38)

Best time in the category: 45:12

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 +	-	2:45	-	13	0:59	51	1:23	-	2:45	-	13	0:59	51	1:23
Himmelsleiter +	-	4:12	-	9	0:42	45	1:22	-	6:57	-	11	1:41	49	2:45
Nordwand + Dov	-	5:54	-	9	0:39	42	1:29	-	12:51	-	9	2:20	46	4:12
Nordwand + Dov	-	1:58	-	10	0:20	44	0:30	-	14:49	-	9	2:35	47	4:38
Duckmäuser Eins	-	15:55	-	5	1:15	22	3:34	-	30:44	-	7	3:14	29	7:58
Duckmäuser Aus	-	0:24	-	11	0:05	43	0:08	-	31:08	-	7	3:16	28	8:04
Pneumant Einstie	-	0:29	-	3	0:05	10	0:08	-	31:37	-	6	3:09	25	8:09
Pneumant Aussti	-	0:08	-	13	0:03	52	0:05	-	31:45	-	6	3:12	25	8:11
Heuschnupfen Ei	-	10:42	-	4	0:48	17	1:58	-	42:27	-	5	4:00	21	10:09
Heuschnupfen Ai	-	0:06	-	14	0:02	65	0:02	-	42:33	-	5	4:01	20	10:11
Schlammbowle E	-	2:22	-	6	0:17	21	0:27	-	44:55	-	6	4:10	21	10:37
Schlammbowle A	-	0:52	-	6	0:08	36	0:18	-	45:47	-	6	4:18	20	10:55
Sportplatz Mühlb	8.00	4:07	-	17	0:27	97	0:44	8.00	49:54	6:14	6	4:42	33	11:39