



Detailed evaluation

Raabe, Mark

Club: Heidenrod
Number: 120

Course: 8.00 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:09:40

Speed: 6.89 km/h
Running performance: 8:43 min/km

Rank in course/Total: 218 (of 292)

Rank in course/Men: 158 (of 192)

Best time in course: 38:15

Rank in category: 25(of 29)

Best time in the category: 43:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Himmelsleiter +	-	4:26	-	24	2:38	140	3:04	-	4:26	-	24	2:38	140	3:04
Himmelsleiter +	-	5:52	-	28	2:28	163	3:02	-	10:18	-	24	5:01	143	6:06
Nordwand + Dov	-	7:44	-	26	2:43	164	3:19	-	18:02	-	24	7:44	152	9:23
Nordwand + Dov	-	2:45	-	26	1:15	158	1:17	-	20:47	-	24	8:59	149	10:36
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	22:46	-	25	22:30	154	22:30	-	43:33	-	26	17:27	166	20:29
Pneumant Einstie	-	1:08	-	16	0:39	105	0:47	-	44:41	-	28	18:04	184	21:13
Pneumant Aussti	-	0:11	-	13	0:07	112	0:08	-	44:52	-	30	18:09	192	21:18
Heuschnupfen Ei	-	15:18	-	27	5:22	164	6:34	-	1:00:10	-	30	23:31	188	27:52
Heuschnupfen Ai	-	0:06	-	5	0:01	65	0:02	-	1:00:16	-	28	23:30	190	27:54
Schlammbowle E	-	3:21	-	26	1:09	156	1:26	-	1:03:37	-	29	24:39	189	29:19
Schlammbowle A	-	1:38	-	25	0:56	165	1:04	-	1:05:15	-	30	25:32	97	30:23
Sportplatz Mühlb	8.00	4:25	-	26	0:49	142	1:02	8.00	1:09:40	8:42	25	26:21	158	31:25