



Detailed evaluation

Lüpke, Mirko

Club: Sportgruppe FA/UA-Btl 1
Number: 63

Course: 8.00 km
Sprint

Category:
Senioren M35 (35-39 Jahre)

Total time: 45:41

Speed: 10.51 km/h
Running performance: 5:43 min/km

Rank in course/Total: 9 (of 292)

Rank in course/Men: 9 (of 192)

Best time in course: 38:15

Rank in category: 2(of 31)

Best time in the category: 44:14

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 +	-	2:29	-	6	0:30	35	1:07	-	2:29	-	6	0:30	35	1:07
Himmelsleiter +	-	3:49	-	2	0:25	16	0:59	-	6:18	-	3	0:55	30	2:06
Nordwand + Dov	-	5:15	-	2	0:14	9	0:50	-	11:33	-	2	1:09	21	2:54
Nordwand + Dov	-	1:42	-	2	0:13	13	0:14	-	13:15	-	2	1:22	19	3:04
Duckmäuser Eins	-	14:41	-	2	0:09	8	2:20	-	27:56	-	2	1:31	10	5:10
Duckmäuser Aus	-	0:19	-	1	-	7	0:03	-	28:15	-	1	-	9	5:11
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Aussti	-	0:38	-	31	0:35	185	0:35	-	28:53	-	32	-	192	5:19
Heuschnupfen Ei	-	9:56	-	1	-	7	1:12	-	38:49	-	31	-	188	6:31
Heuschnupfen Ai	-	0:05	-	1	-	10	0:01	-	38:54	-	32	-	190	6:32
Schlammbowle E	-	2:16	-	2	0:04	10	0:21	-	41:10	-	32	-	189	6:52
Schlammbowle A	-	0:49	-	6	0:14	26	0:15	-	41:59	-	32	-	191	7:07
Sportplatz Mühlb	8.00	3:42	-	4	0:05	16	0:19	8.00	45:41	5:42	2	1:27	9	7:26