



Detailed evaluation

Löser, Raik

Club: Team Helbing
Number: 105

Course: 8.00 km
Sprint

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:19

Speed: 11.08 km/h
Running performance: 5:25 min/km

Rank in course/Total: 5 (of 292)

Rank in course/Men: 5 (of 192)

Best time in course: 38:15

Rank in category: 1(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Himmelsleiter +	-	1:48	-	1	-	8	0:26	-	1:48	-	1	-	8	0:26
Himmelsleiter +	-	3:29	-	2	0:05	7	0:39	-	5:17	-	1	-	7	1:05
Nordwand + Dov	-	5:01	-	1	-	5	0:36	-	10:18	-	1	-	5	1:39
Nordwand + Dov	-	1:30	-	1	-	4	0:02	-	11:48	-	1	-	5	1:37
Duckmäuser Eins	-	14:02	-	1	-	4	1:41	-	25:50	-	1	-	4	3:04
Duckmäuser Aus	-	0:16	-	1	-	1	-	-	26:06	-	1	-	4	3:02
Pneumant Einstie	-	0:31	-	3	0:02	16	0:10	-	26:37	-	1	-	4	3:09
Pneumant Aussti	-	0:06	-	2	0:02	19	0:03	-	26:43	-	1	-	4	3:09
Heuschnupfen Ei	-	9:56	-	1	-	7	1:12	-	36:39	-	1	-	4	4:21
Heuschnupfen Ai	-	0:07	-	16	0:02	122	0:03	-	36:46	-	1	-	4	4:24
Schlammbowle E	-	2:12	-	1	-	7	0:17	-	38:58	-	1	-	4	4:40
Schlammbowle A	-	0:45	-	2	0:03	14	0:11	-	39:43	-	1	-	4	4:51
Sportplatz Mühlb	8.00	3:36	-	1	-	6	0:13	8.00	43:19	5:24	1	-	5	5:04