



Detailed evaluation

Rückebeil, Clemens

Club: Stiftung Wadentest
Number: 395

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:55:46

Speed: 8.29 km/h
Running performance: 7:14 min/km

Rank in course/Total: 174 (of 304)

Rank in course/Men: 162 (of 252)

Best time in course: 1:05:10

Rank in category: 29(of 53)

Best time in the category: 1:09:26

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 +	-	2:56	-	21	1:49	126	1:54	-	2:56	-	21	1:49	126	1:54	
Himmelsleiter +	-	4:55	-	27	2:06	137	2:23	-	7:51	-	25	3:55	133	4:17	
Nordwand + Dov	-	5:52	-	24	1:57	118	2:09	-	13:43	-	25	5:52	126	6:26	
Nordwand + Dov	-	2:12	-	33	0:56	159	1:03	-	15:55	-	26	6:38	128	7:27	
Duckmäuser Eins	-	17:48	-	16	6:30	90	7:08	-	33:43	-	17	13:08	82	14:27	
Duckmäuser Aus	-	0:23	-	10	0:06	48	0:10	-	34:06	-	16	13:10	79	14:36	
Pneumant Einstie	-	1:13	-	32	0:53	142	0:59	-	35:19	-	15	14:03	76	15:27	
Pneumant Aussti	-	0:09	-	30	0:07	133	0:08	-	35:28	-	15	14:08	75	15:30	
Heuschnupfen Ei	-	12:56	-	30	5:01	165	5:37	-	48:24	-	15	19:09	78	21:07	
Heuschnupfen Ai	-	0:06	-	13	0:02	50	0:02	-	48:30	-	15	19:10	75	21:09	
Schlammbowle E	-	2:51	-	26	1:05	142	1:08	-	51:21	-	14	20:15	75	22:16	
Schlammbowle A	-	1:26	-	44	0:50	202	0:52	-	52:47	-	15	21:05	77	23:07	
Himmelsleiter +	-	5:19	-	38	2:18	189	2:36	-	58:06	-	14	23:23	77	25:36	
Himmelsleiter +	-	4:46	-	21	1:43	126	1:59	-	1:02:52	-	14	25:06	77	27:29	
Nordwand + Dov	-	6:57	-	28	2:47	153	2:59	-	1:09:49	-	14	27:53	77	30:25	
Nordwand + Dov	-	2:17	-	35	0:54	184	1:13	-	1:12:06	-	15	28:46	78	31:31	
Duckmäuser Eins	-	20:41	-	26	8:50	137	20:24	-	1:32:47	-	14	37:36	76	41:23	
Duckmäuser Aus	-	0:24	-	15	0:09	70	0:13	-	1:33:11	-	14	37:43	76	41:34	
Pneumant Einstie	-	1:21	-	29	1:00	134	1:01	-	1:34:32	-	13	38:43	65	42:35	
Pneumant Aussti	-	0:06	-	11	0:04	52	0:04	-	1:34:38	-	13	38:45	65	42:39	
Heuschnupfen Ei	-	12:42	-	24	4:44	131	5:21	-	1:47:20	-	13	43:29	66	48:00	
Heuschnupfen Ai	-	0:06	-	13	0:02	58	0:02	-	1:47:26	-	13	43:31	66	48:02	
Schlammbowle E	-	2:45	-	20	1:04	109	1:04	-	1:50:11	-	13	44:35	64	49:05	
Schlammbowle A	-	1:32	-	43	0:53	204	0:58	-	1:51:43	-	13	45:28	65	50:01	
Sportplatz Mühlb	8.00	4:03	-	29	0:52	159	0:52	16.00	1:55:46	7:14	29	46:20	162	50:36	