



Detailed evaluation

Gruhn, Rüdiger

Club: Quarksahne Team
Number: 561

Course: 16.00 km
Expert

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:57:20

Speed: 8.18 km/h
Running performance: 7:20 min/km

Rank in course/Total: 181 (of 304)

Rank in course/Men: 169 (of 252)

Best time in course: 1:05:10

Rank in category: 7(of 12)

Best time in the category: 1:48:03

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 +	-	3:04	-	5	0:34	138	2:02	-	3:04	-	5	0:34	138	2:02	
Himmelsleiter +	-	5:02	-	5	0:53	150	2:30	-	8:06	-	4	1:27	143	4:32	
Nordwand + Dov	-	6:14	-	7	0:43	162	2:31	-	14:20	-	4	1:44	146	7:03	
Nordwand + Dov	-	2:09	-	5	0:16	144	1:00	-	16:29	-	4	2:00	144	8:01	
Duckmäuser Eins	-	18:44	-	7	1:21	109	8:04	-	35:13	-	6	2:52	102	15:57	
Duckmäuser Aus	-	0:26	-	4	0:03	85	0:13	-	35:39	-	6	2:54	100	16:09	
Pneumant Einstie	-	0:57	-	3	0:13	101	0:43	-	36:36	-	6	2:50	89	16:44	
Pneumant Aussti	-	0:08	-	3	0:04	103	0:07	-	36:44	-	6	2:49	88	16:46	
Heuschneppen Ei	-	12:52	-	8	0:56	161	5:33	-	49:36	-	7	3:14	89	22:19	
Heuschneppen Ai	-	0:07	-	8	0:02	139	0:03	-	49:43	-	7	3:15	86	22:22	
Schlammbowle E	-	3:03	-	9	0:23	195	1:20	-	52:46	-	7	3:24	85	23:41	
Schlammbowle A	-	1:15	-	6	0:13	161	0:41	-	54:01	-	7	3:37	84	24:21	
Himmelsleiter +	-	4:58	-	4	0:48	147	2:15	-	58:59	-	6	3:19	83	26:29	
Himmelsleiter +	-	5:05	-	5	0:29	169	2:18	-	1:04:04	-	6	3:13	82	28:41	
Nordwand + Dov	-	7:07	-	7	0:55	173	3:09	-	1:11:11	-	6	3:55	83	31:47	
Nordwand + Dov	-	2:16	-	6	0:15	183	1:12	-	1:13:27	-	6	4:03	84	32:52	
Duckmäuser Eins	-	19:58	-	6	2:32	125	19:41	-	1:33:25	-	7	6:35	79	42:01	
Duckmäuser Aus	-	0:31	-	7	0:08	143	0:20	-	1:33:56	-	7	6:37	79	42:19	
Pneumant Einstie	-	0:57	-	3	0:07	84	0:37	-	1:34:53	-	6	6:44	69	42:56	
Pneumant Aussti	-	0:08	-	3	0:03	103	0:06	-	1:35:01	-	6	6:43	69	43:02	
Heuschneppen Ei	-	13:44	-	8	1:49	184	6:23	-	1:48:45	-	7	8:32	71	49:25	
Heuschneppen Ai	-	0:07	-	4	0:01	132	0:03	-	1:48:52	-	7	8:31	71	49:28	
Schlammbowle E	-	3:06	-	6	0:37	181	1:25	-	1:51:58	-	7	8:58	69	50:52	
Schlammbowle A	-	1:11	-	1	-	118	0:37	-	1:53:09	-	7	8:52	69	51:27	
Sportplatz Mühlb	8.00	4:11	-	6	0:25	194	1:00	16.00	1:57:20	7:19	7	9:17	169	52:10	