



Detailed evaluation

Henkel, Björn

Club: TEAM HELBING

Number: 476

Course: 16.00 km

Expert

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:33:49

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 38 (of 304)

Rank in course/Men: 35 (of 252)

Best time in course: 1:05:10

Rank in category: 6(of 31)

Best time in the category: 1:09:36

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 +	-	2:25	-	10	1:13	66	1:23	-	2:25	-	10	1:13	66	1:23	
Himmelsleiter +	-	4:02	-	11	1:17	60	1:30	-	6:27	-	10	2:30	61	2:53	
Nordwand + Dov	-	5:33	-	10	1:38	71	1:50	-	12:00	-	10	4:08	59	4:43	
Nordwand + Dov	-	1:46	-	10	0:21	44	0:37	-	13:46	-	10	4:29	58	5:18	
Duckmäuser Eins	-	15:28	-	6	4:10	25	4:48	-	29:14	-	7	8:39	28	9:58	
Duckmäuser Aus	-	0:24	-	9	0:06	57	0:11	-	29:38	-	7	8:42	29	10:08	
Pneumant Einstie	-	0:28	-	2	0:07	17	0:14	-	30:06	-	7	8:49	24	10:14	
Pneumant Aussti	-	0:08	-	13	0:04	103	0:07	-	30:14	-	6	8:51	23	10:16	
Heuschneppen Ei	-	11:00	-	9	3:07	48	3:41	-	41:14	-	6	11:58	23	13:57	
Heuschneppen Ai	-	0:06	-	5	0:01	50	0:02	-	41:20	-	6	11:57	23	13:59	
Schlammbowle E	-	2:29	-	8	0:45	49	0:46	-	43:49	-	6	12:42	23	14:44	
Schlammbowle A	-	0:52	-	8	0:15	41	0:18	-	44:41	-	6	12:57	23	15:01	
Himmelsleiter +	-	4:01	-	6	1:01	32	1:18	-	48:42	-	5	13:58	22	16:12	
Himmelsleiter +	-	4:07	-	7	1:04	41	1:20	-	52:49	-	5	15:02	23	17:26	
Nordwand + Dov	-	5:39	-	6	1:29	37	1:41	-	58:28	-	6	16:31	24	19:04	
Nordwand + Dov	-	1:43	-	5	0:19	36	0:39	-	1:00:11	-	5	16:50	23	19:36	
Duckmäuser Eins	-	15:42	-	5	3:51	32	15:25	-	1:15:53	-	5	20:41	22	24:29	
Duckmäuser Aus	-	0:21	-	7	0:07	35	0:10	-	1:16:14	-	5	20:45	22	24:37	
Pneumant Einstie	-	0:36	-	6	0:15	29	0:16	-	1:16:50	-	5	21:00	21	24:53	
Pneumant Aussti	-	0:02	-	1	-	1	-	-	1:16:52	-	5	20:55	21	24:53	
Heuschneppen Ei	-	10:05	-	2	2:11	23	2:44	-	1:26:57	-	5	23:06	20	27:37	
Heuschneppen Ai	-	0:06	-	7	0:01	58	0:02	-	1:27:03	-	5	23:06	20	27:39	
Schlammbowle E	-	2:16	-	4	0:33	26	0:35	-	1:29:19	-	4	23:39	19	28:13	
Schlammbowle A	-	0:52	-	7	0:14	30	0:18	-	1:30:11	-	4	23:53	19	28:29	
Sportplatz Mühlb	8.00	3:38	-	4	0:20	32	0:27	16.00	1:33:49	5:51	6	24:13	35	28:39	