



Detailed evaluation

GRINGS, Tobias

Club: Ohlweiler
Number: 2076

Course: 26.71 km
BERSERKER

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:57:34

Speed: 6.57 km/h
Running performance: 8:53 min/km

Rank in course/Total: 160 (of 205)

Rank in course/Men: 149 (of 189)

Best time in course: 2:16:04

Rank in category: 39(of 45)

Best time in the category: 2:16:04

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
Wachsenburg	7.40	1:02:22	8:25	43	25:28	174	26:56	7.40	1:02:22	8:25	43	25:28	174	26:56
Burg Gleichen	8.53	1:14:08	8:41	41	30:05	157	31:35	15.93	2:16:30	8:34	41	55:20	165	58:31
Mühlburg	9.97	1:22:37	8:17	28	36:08	114	36:08	25.90	3:39:07	8:27	42	1:31:28	159	1:48:09
Sportplatz Mühlb	0.81	18:27	22:46	37	10:38	150	10:38	26.71	3:57:34	8:53	42	1:41:30	160	1:54:19