



Detailed evaluation

Grimm, Heiko

Club: Wechselzone Podcast
Number: 218

Course: 100.22 km
100 Kilometer

Category:
Senioren M35 (35-39 Jahre)

Total time: 12:24:33

Speed: 8.06 km/h
Running performance: 7:26 min/km

Rank in course/Total: 71 (of 246)

Rank in course/Men: 67 (of 211)

Best time in course: 8:32:51

Rank in category: 12(of 21)

Best time in the category: 8:47:36

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
Glasbachwiese	27.39	2:52:33	6:17	9	24:15	42	30:47	27.39	2:52:33	6:17	9	24:15	42	30:47
Floh-Seligenthal	27.74	3:09:27	6:49	12	47:14	71	47:14	55.13	6:02:00	6:33	11	1:09:58	58	1:34:39
Finsterbergen	22.03	3:24:19	9:16	17	1:26:52	117	1:26:52	77.16	9:26:19	7:20	12	2:36:50	81	2:57:19
Fröttstädt	23.06	2:58:14	7:43	10	1:00:07	47	1:00:07	100.22	12:24:33	7:25	12	3:36:57	67	3:51:42