



evaluación detallada

Seebeck, Ronny

Asociación: Sport Fundgrube Rudolstadt  
Dorsal: 438

recorrido: 16.00 km  
Expert

categoría:  
Senioren M40 (40-44 Jahre)

tiempo total: 2:10:29

velocidad: 7.36 km/h  
rendimiento en carrera: 8:10 min/km

posición en el recorrido/Total: 245 (de 304)  
posición en el recorrido/Men: 219 (de 252)  
mejor tiempo del recorrido: 1:05:10

posición en la categoría: 30(de 31)  
mejor tiempo en la categoría: 1:09:36

tiempos parciales

stage score

Total score

| control          | etapa<br>km | etapa<br>tiempo | etapaposisió<br>min/km | retraso  |          |         | Total |        |          |         |     |         |     |         |
|------------------|-------------|-----------------|------------------------|----------|----------|---------|-------|--------|----------|---------|-----|---------|-----|---------|
|                  |             |                 |                        | retraso  | posición | retraso | km    | tiempo | posición | retraso |     |         |     |         |
|                  |             |                 | retraso                | posición | retraso  | Men     | Men   | Men    | Men      | Men     | Men | Men     |     |         |
| Himmelsleiter +  | -           | 4:26            | -                      | 30       | 3:14     | 215     | 3:24  | -      | 4:26     | -       | 30  | 3:14    | 215 | 3:24    |
| Himmelsleiter +  | -           | 5:25            | -                      | 29       | 2:40     | 218     | 2:53  | -      | 9:51     | -       | 29  | 5:54    | 217 | 6:17    |
| Nordwand + Dov   | -           | 6:46            | -                      | 28       | 2:51     | 208     | 3:03  | -      | 16:37    | -       | 29  | 8:45    | 218 | 9:20    |
| Nordwand + Dov   | -           | 2:35            | -                      | 29       | 1:10     | 227     | 1:26  | -      | 19:12    | -       | 30  | 9:55    | 221 | 10:44   |
| Duckmäuser Eins  | -           | 20:04           | -                      | 21       | 8:46     | 129     | 9:24  | -      | 39:16    | -       | 21  | 18:41   | 132 | 20:00   |
| Duckmäuser Aus   | -           | 0:39            | -                      | 22       | 0:21     | 148     | 0:26  | -      | 39:55    | -       | 21  | 18:59   | 129 | 20:25   |
| Pneumant Einstie | -           | 1:23            | -                      | 24       | 1:02     | 166     | 1:09  | -      | 41:18    | -       | 21  | 20:01   | 121 | 21:26   |
| Pneumant Aussti  | -           | 0:17            | -                      | 28       | 0:13     | 218     | 0:16  | -      | 41:35    | -       | 20  | 20:12   | 120 | 21:37   |
| Heuschnupfen Ei  | -           | 13:49           | -                      | 27       | 5:56     | 209     | 6:30  | -      | 55:24    | -       | 20  | 26:08   | 117 | 28:07   |
| Heuschnupfen Ai  | -           | 0:07            | -                      | 21       | 0:02     | 139     | 0:03  | -      | 55:31    | -       | 19  | 26:08   | 113 | 28:10   |
| Schlammbowle E   | -           | 3:09            | -                      | 30       | 1:25     | 211     | 1:26  | -      | 58:40    | -       | 19  | 27:33   | 110 | 29:35   |
| Schlammbowle A   | -           | 1:30            | -                      | 29       | 0:53     | 211     | 0:56  | -      | 1:00:10  | -       | 19  | 28:26   | 109 | 30:30   |
| Himmelsleiter +  | -           | 5:39            | -                      | 29       | 2:39     | 217     | 2:56  | -      | 1:05:49  | -       | 19  | 31:05   | 108 | 33:19   |
| Himmelsleiter +  | -           | 5:32            | -                      | 29       | 2:29     | 215     | 2:45  | -      | 1:11:21  | -       | 19  | 33:34   | 108 | 35:58   |
| Nordwand + Dov   | -           | 8:05            | -                      | 30       | 3:55     | 225     | 4:07  | -      | 1:19:26  | -       | 19  | 37:29   | 109 | 40:02   |
| Nordwand + Dov   | -           | 2:27            | -                      | 28       | 1:03     | 214     | 1:23  | -      | 1:21:53  | -       | 19  | 38:32   | 109 | 41:18   |
| Duckmäuser Eins  | -           | 22:43           | -                      | 24       | 10:52    | 173     | 22:26 | -      | 1:44:36  | -       | 19  | 49:24   | 98  | 53:12   |
| Duckmäuser Aus   | -           | 0:30            | -                      | 20       | 0:16     | 135     | 0:19  | -      | 1:45:06  | -       | 19  | 49:37   | 97  | 53:29   |
| Pneumant Einstie | -           | 1:32            | -                      | 24       | 1:11     | 150     | 1:12  | -      | 1:46:38  | -       | 18  | 50:48   | 87  | 54:41   |
| Pneumant Aussti  | -           | 0:06            | -                      | 7        | 0:04     | 52      | 0:04  | -      | 1:46:44  | -       | 18  | 50:47   | 87  | 54:45   |
| Heuschnupfen Ei  | -           | 14:59           | -                      | 29       | 7:05     | 212     | 7:38  | -      | 2:01:43  | -       | 18  | 57:52   | 87  | 1:02:23 |
| Heuschnupfen Ai  | -           | 0:07            | -                      | 21       | 0:02     | 132     | 0:03  | -      | 2:01:50  | -       | 18  | 57:53   | 87  | 1:02:26 |
| Schlammbowle E   | -           | fehlt!          | -                      | -        | -        | -       | -     | -      | -        | -       | -   | -       | -   | -       |
| Schlammbowle A   | -           | 4:32            | -                      | 30       | 3:54     | 243     | 3:58  | -      | 2:06:22  | -       | 31  | 1:00:04 | 247 | 1:04:40 |
| Sportplatz Mühlb | 8.00        | 4:07            | -                      | 27       | 0:49     | 179     | 0:56  | 16.00  | 2:10:29  | 8:09    | 30  | 1:00:53 | 219 | 1:05:19 |