



7. Town & Country Pummälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2010

Detailed evaluation

Ihling, Carmen

Club: ASKLEPIOS Medical Team

Number: 1171

Course: 79.00 km

Rhön Cross&Country

Category:

Crossbike Frauen 41 bis 50 Jahre

Total time: 3:37:27

Speed: 21.80 km/h

Rank in course/Total: 51 (of 62)

Rank in course/Women: 6 (of 7)

Best time in course: 2:44:25

Rank in category: 4(of 4)

Best time in the category: 2:56:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Geisa Stern	38.20	1:34:22	24.16	4	17:59	5	20:13	38.20	1:34:22	24.16	4	17:59	6	20:13
Point Alpha	1.70	11:51	5.06	3	2:28	5	4:08	39.90	1:46:13	22.03	4	20:27	6	24:21
Vacha/ Werrabrü	18.30	48:42	22.18	4	9:36	6	11:54	58.20	2:34:55	22.46	4	30:03	6	36:15
Dorndorf/Kirsting	3.70	9:41	18.59	4	2:18	6	2:36	61.90	2:44:36	22.24	4	32:21	6	38:51
Finish	17.10	52:51	19.30	4	8:22	5	14:11	79.00	3:37:27	21.80	4	40:43	6	53:02