



10. EppsteinTrails  
Eppstein / 19.08.2012

Detailed evaluation

Flatow-Wyrsh, Helena

Club: Mainz-Kastel  
Number: 1105

Course: 30.00 km  
Kurzstrecke

Category:  
Seniorinnen 1

Total time: 3:04:32

Speed: 9.75 km/h

Rank in course/Total: 129 (of 177)

Rank in course/Women: 9 (of 18)

Best time in course: 1:53:35

Rank in category: 3(of 8)

Best time in the category: 2:34:55

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	
Lap 1	15.00	1:08:41	13.10	4	13:45	10	23:32	15.00	1:08:41	13.10	3	6:27	10		
Last lap Finish	15.00	1:55:51	7.77	3	23:10	8	47:25	30.00	3:04:32	9.75	3	29:37	9	1:10:57	