



10. EppsteinTrails
Eppstein / 19.08.2012

Detailed evaluation

Adam, Elisabeth

Club: Frankfurt
Number: 1040

Course: 30.00 km
Kurzstrecke

Category:
Seniorinnen 1

Total time: 3:33:21

Speed: 8.44 km/h

Rank in course/Total: 154 (of 177)

Rank in course/Women: 11 (of 18)

Best time in course: 1:53:35

Rank in category: 5(of 8)

Best time in the category: 2:34:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Lap 1	15.00	54:56	16.38	1	-	3	9:47	15.00	54:56	16.38	5			13
Last lap Finish	15.00	2:38:25	5.68	7	1:05:44	14	1:29:59	30.00	3:33:21	8.44	5	58:26	11	1:39:46