



Detailed evaluation

Heintze, Sandra

Club: Hainichläufer
Number: 418

Course: 9.90 km
3 Runden 9,9 km

Category:
Seniorinnen W40

Total time: 52:57

Speed: 11.22 km/h
Running performance: 5:21 min/km

Rank in course/Total: 52 (of 90)
Rank in course/Women: 7 (of 15)
Best time in course: 40:04

Rank in category: 1(of 3)
Best time in the category: 52:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	17:25	5:16	1	-	6	4:03	3.30	17:25	5:16	1	-	7	4:03
Rundenzeit	3.30	17:38	5:20	1	-	6	4:17	6.60	35:03	5:18	1	-	7	8:20
Finish	3.30	17:54	5:25	1	-	7	7:51	9.90	52:57	5:20	1	-	7	12:53