



Detailed evaluation

Rüdel, Gabriela

Club: Frankenberg
Number: 15

Course: 8.00 km
Sprint

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:17:11

Speed: 6.22 km/h
Running performance: 9:39 min/km

Rank in course/Total: 268 (of 292)

Rank in course/Women: 85 (of 100)

Best time in course: 46:25

Rank in category: 2(of 2)

Best time in the category: 1:17:10

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Himmelsleiter +	-	5:02	-	2	0:03	61	2:52	-	5:02	-	2	0:03	61	2:52
Himmelsleiter +	-	6:18	-	2	0:14	86	2:36	-	11:20	-	2	0:17	69	5:28
Nordwand + Dov	-	8:32	-	1	-	84	3:07	-	19:52	-	2	0:11	80	8:29
Nordwand + Dov	-	3:13	-	2	0:04	87	1:42	-	23:05	-	2	0:15	81	10:11
Duckmäuser Eins	-	24:09	-	1	-	60	8:59	-	47:14	-	2	0:03	63	19:10
Duckmäuser Aus	-	0:46	-	2	0:03	70	0:28	-	48:00	-	2	0:06	62	19:38
Pneumant Einstie	-	1:43	-	1	-	65	1:20	-	49:43	-	1	-	57	20:55
Pneumant Aussti	-	0:07	-	1	-	5	0:02	-	49:50	-	1	-	57	20:56
Heuschnupfen Ei	-	16:58	-	2	0:02	86	6:24	-	1:06:48	-	1	-	58	27:20
Heuschnupfen Ai	-	0:15	-	2	0:07	95	0:10	-	1:07:03	-	1	-	56	27:30
Schlammbowle E	-	3:38	-	1	-	82	1:11	-	1:10:41	-	1	-	55	28:41
Schlammbowle A	-	1:56	-	1	-	81	1:13	-	1:12:37	-	1	-	55	29:54
Sportplatz Mühlb	8.00	4:34	-	1	-	73	0:56	8.00	1:17:11	9:38	2	0:01	85	30:46