



Detailed evaluation

Ford, Heike

Club: Coburg Locals / RunningBros
Number: 225

Course: 8.00 km
Sprint

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:13:35

Speed: 6.52 km/h
Running performance: 9:12 min/km

Rank in course/Total: 249 (of 292)

Rank in course/Women: 75 (of 100)

Best time in course: 46:25

Rank in category: 7(of 8)

Best time in the category: 52:15

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 +	-	5:22	-	7	2:33	72	3:12	-	5:22	-	7	2:33	72	3:12
Himmelsleiter +	-	6:15	-	7	2:05	85	2:33	-	11:37	-	7	4:38	78	5:45
Nordwand + Dov	-	7:55	-	7	2:02	69	2:30	-	19:32	-	7	6:40	74	8:09
Nordwand + Dov	-	2:47	-	5	0:48	54	1:16	-	22:19	-	7	7:28	69	9:25
Duckmäuser Eins	-	23:14	-	6	6:01	56	8:04	-	45:33	-	6	13:29	57	17:29
Duckmäuser Aus	-	0:52	-	7	0:28	73	0:34	-	46:25	-	6	13:52	56	18:03
Pneumant Einstie	-	1:58	-	7	1:29	74	1:35	-	48:23	-	5	15:04	54	19:35
Pneumant Aussti	-	0:09	-	2	0:01	12	0:04	-	48:32	-	5	15:01	53	19:38
Heuschnupfen Ei	-	15:10	-	7	3:55	64	4:36	-	1:03:42	-	5	18:56	54	24:14
Heuschnupfen Ai	-	0:09	-	6	0:03	65	0:04	-	1:03:51	-	5	18:57	52	24:18
Schlammbowle E	-	3:24	-	6	0:48	66	0:57	-	1:07:15	-	5	19:45	49	25:15
Schlammbowle A	-	1:52	-	6	0:58	75	1:09	-	1:09:07	-	5	20:43	51	26:24
Sportplatz Mühlb	8.00	4:28	-	5	0:37	59	0:50	8.00	1:13:35	9:11	7	21:20	75	27:10