



Detailed evaluation

Bianca, Josten

Club: Quarksahne Team
Number: 565

Course: 16.00 km
Expert

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:26:55

Speed: 11.05 km/h
Running performance: 5:26 min/km

Rank in course/Total: 23 (of 304)

Rank in course/Women: 1 (of 52)

Best time in course: 1:26:55

Rank in category: 1(of 11)

Best time in the category: 1:26:55

Control	Intermediate times							Stage score				Total ranking			
	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 +	-	2:07	-	2	0:06	4	0:06	-	2:07	-	2	0:06	4	0:06	
Himmelsleiter +	-	3:35	-	1	-	3	0:04	-	5:42	-	1	-	3	0:10	
Nordwand + Dov	-	5:00	-	1	-	1	-	-	10:42	-	1	-	1	-	
Nordwand + Dov	-	1:39	-	1	-	2	0:03	-	12:21	-	1	-	1	-	
Duckmäuser Eins	-	14:01	-	1	-	1	-	-	26:22	-	1	-	1	-	
Duckmäuser Aus	-	0:21	-	1	-	2	0:02	-	26:43	-	1	-	1	-	
Pneumant Einstie	-	0:31	-	2	0:05	4	0:13	-	27:14	-	1	-	1	-	
Pneumant Aussti	-	0:07	-	4	0:02	5	0:03	-	27:21	-	1	-	1	-	
Heuschnupfen Ei	-	9:51	-	1	-	1	-	-	37:12	-	1	-	1	-	
Heuschnupfen Ai	-	0:06	-	1	-	2	0:01	-	37:18	-	1	-	1	-	
Schlammbowle E	-	2:15	-	1	-	1	-	-	39:33	-	1	-	1	-	
Schlammbowle A	-	0:57	-	2	0:04	3	0:04	-	40:30	-	1	-	1	-	
Himmelsleiter +	-	3:38	-	1	-	1	-	-	44:08	-	1	-	1	-	
Himmelsleiter +	-	3:54	-	1	-	1	-	-	48:02	-	1	-	1	-	
Nordwand + Dov	-	5:10	-	1	-	1	-	-	53:12	-	1	-	1	-	
Nordwand + Dov	-	1:35	-	1	-	1	-	-	54:47	-	1	-	1	-	
Duckmäuser Eins	-	14:44	-	1	-	1	-	-	1:09:31	-	1	-	1	-	
Duckmäuser Aus	-	0:21	-	1	-	3	0:04	-	1:09:52	-	1	-	1	-	
Pneumant Einstie	-	0:34	-	1	-	4	0:09	-	1:10:26	-	1	-	1	-	
Pneumant Aussti	-	0:06	-	1	-	1	-	-	1:10:32	-	1	-	1	-	
Heuschnupfen Ei	-	9:40	-	1	-	1	-	-	1:20:12	-	1	-	1	-	
Heuschnupfen Ai	-	0:06	-	3	0:01	5	0:01	-	1:20:18	-	1	-	1	-	
Schlammbowle E	-	2:08	-	1	-	1	-	-	1:22:26	-	1	-	1	-	
Schlammbowle A	-	0:54	-	1	-	1	-	-	1:23:20	-	1	-	1	-	
Sportplatz Mühlb	8.00	3:35	-	1	-	1	-	16.00	1:26:55	5:25	1	-	1	-	