



## Detailed evaluation

**Balzat, Julia**

Club: Erfurt  
Number: 231

Course: 8.00 km  
Sprint

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:30:08

Speed: 5.33 km/h  
Running performance: 11:16 min/km

Rank in course/Total: 291 (of 292)

Rank in course/Women: 100 (of 100)

Best time in course: 46:25

Rank in category: 25(of 25)

Best time in the category: 48:57

| 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 +  | -                  | 6:22       | -            | 25       | 4:03        | 100       | 4:12         | -        | 6:22          | -            | 25       | 4:03        | 100       | 4:12         |
| Himmelsleiter +  | -                  | 6:56       | -            | 23       | 3:01        | 96        | 3:14         | -        | 13:18         | -            | 25       | 7:04        | 100       | 7:26         |
| Nordwand + Dov   | -                  | 9:47       | -            | 20       | 4:22        | 92        | 4:22         | -        | 23:05         | -            | 25       | 11:26       | 100       | 11:42        |
| Nordwand + Dov   | -                  | 3:32       | -            | 23       | 1:36        | 93        | 2:01         | -        | 26:37         | -            | 24       | 12:53       | 99        | 13:43        |
| Duckmäuser Eins  | -                  | 28:42      | -            | 21       | 12:41       | 75        | 13:32        | -        | 55:19         | -            | 21       | 25:34       | 75        | 27:15        |
| Duckmäuser Aus   | -                  | 0:51       | -            | 20       | 0:30        | 72        | 0:33         | -        | 56:10         | -            | 20       | 26:01       | 73        | 27:48        |
| Pneumant Einstie | -                  | 1:29       | -            | 13       | 1:05        | 58        | 1:06         | -        | 57:39         | -            | 20       | 27:06       | 68        | 28:51        |
| Pneumant Aussti  | -                  | 0:16       | -            | 19       | 0:09        | 76        | 0:11         | -        | 57:55         | -            | 20       | 27:12       | 68        | 29:01        |
| Heuschnupfen Ei  | -                  | 20:45      | -            | 24       | 9:55        | 97        | 10:11        | -        | 1:18:40       | -            | 20       | 37:07       | 68        | 39:12        |
| Heuschnupfen Ai  | -                  | 0:12       | -            | 24       | 0:07        | 91        | 0:07         | -        | 1:18:52       | -            | 20       | 37:13       | 66        | 39:19        |
| Schlammbowle E   | -                  | 4:34       | -            | 24       | 2:05        | 96        | 2:07         | -        | 1:23:26       | -            | 20       | 39:18       | 65        | 41:26        |
| Schlammbowle A   | -                  | 1:41       | -            | 14       | 0:54        | 64        | 0:58         | -        | 1:25:07       | -            | 20       | 39:58       | 65        | 42:24        |
| Sportplatz Mühlb | 8.00               | 5:01       | -            | 24       | 1:18        | 92        | 1:23         | 8.00     | 1:30:08       | 11:16        | 25       | 41:11       | 100       | 43:43        |