



Detailed evaluation

Henkel, Yvonne

Club: Team Helbing
Number: 106

Course: 8.00 km
Sprint

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 58:13

Speed: 8.25 km/h
Running performance: 7:17 min/km

Rank in course/Total: 93 (of 292)

Rank in course/Women: 16 (of 100)

Best time in course: 46:25

Rank in category: 5(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 +	-	3:21	-	6	1:02	19	1:11	-	3:21	-	6	1:02	19	1:11	
Himmelsleiter +	-	4:53	-	5	0:58	17	1:11	-	8:14	-	6	2:00	19	2:22	
Nordwand + Dov	-	6:32	-	6	1:07	21	1:07	-	14:46	-	6	3:07	18	3:23	
Nordwand + Dov	-	2:25	-	7	0:29	20	0:54	-	17:11	-	6	3:27	18	4:17	
Duckmäuser Eins	-	18:36	-	4	2:35	11	3:26	-	35:47	-	5	6:02	14	7:43	
Duckmäuser Aus	-	0:29	-	8	0:08	35	0:11	-	36:16	-	5	6:07	14	7:54	
Pneumant Einstie	-	0:33	-	2	0:09	7	0:10	-	36:49	-	5	6:16	13	8:01	
Pneumant Aussti	-	0:11	-	8	0:04	34	0:06	-	37:00	-	5	6:17	13	8:06	
Heuschnupfen Ei	-	12:44	-	5	1:54	16	2:10	-	49:44	-	5	8:11	15	10:16	
Heuschnupfen Ai	-	0:07	-	3	0:02	22	0:02	-	49:51	-	5	8:12	13	10:18	
Schlammbowle E	-	3:01	-	9	0:32	38	0:34	-	52:52	-	5	8:44	14	10:52	
Schlammbowle A	-	1:15	-	6	0:28	25	0:32	-	54:07	-	5	8:58	14	11:24	
Sportplatz Mühlb	8.00	4:06	-	4	0:23	25	0:28	8.00	58:13	7:16	5	9:16	16	11:48	