



Detailed evaluation

Koenen, Anke

Club: Laufmädels Jena
Number: 165

Course: 8.00 km
Sprint

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 59:30

Speed: 8.07 km/h
Running performance: 7:26 min/km

Rank in course/Total: 104 (of 292)

Rank in course/Women: 20 (of 100)

Best time in course: 46:25

Rank in category: 3(of 9)

Best time in the category: 57:38

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 +	-	3:52	-	4	0:44	36	1:42	-	3:52	-	4	0:44	36	1:42
Himmelsleiter +	-	5:21	-	3	0:45	26	1:39	-	9:13	-	4	1:29	32	3:21
Nordwand + Dov	-	6:22	-	3	0:16	14	0:57	-	15:35	-	3	1:18	23	4:12
Nordwand + Dov	-	2:35	-	3	0:39	33	1:04	-	18:10	-	3	1:57	23	5:16
Duckmäuser Eins	-	18:59	-	3	0:18	18	3:49	-	37:09	-	3	2:06	20	9:05
Duckmäuser Aus	-	0:21	-	2	0:01	3	0:03	-	37:30	-	3	2:02	20	9:08
Pneumant Einstie	-	0:58	-	2	0:21	31	0:35	-	38:28	-	3	2:23	20	9:40
Pneumant Aussti	-	0:12	-	2	0:02	42	0:07	-	38:40	-	3	2:18	20	9:46
Heuschnupfen Ei	-	12:53	-	2	0:10	20	2:19	-	51:33	-	3	2:28	19	12:05
Heuschnupfen Ai	-	0:08	-	2	0:02	51	0:03	-	51:41	-	2	0:15	18	12:08
Schlammbowle E	-	2:40	-	1	-	10	0:13	-	54:21	-	2	0:08	17	12:21
Schlammbowle A	-	1:05	-	1	-	12	0:22	-	55:26	-	1	-	17	12:43
Sportplatz Mühlb	8.00	4:04	-	4	0:14	18	0:26	8.00	59:30	7:26	3	1:52	20	13:05