



Detailed evaluation

Köppl, Nicole

Club: Coburg Locals / RunningBros
Number: 220

Course: 8.00 km
Sprint

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:13:00

Speed: 6.58 km/h
Running performance: 9:07 min/km

Rank in course/Total: 246 (of 292)

Rank in course/Women: 72 (of 100)

Best time in course: 46:25

Rank in category: 12(of 15)

Best time in the category: 53:46

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 +	-	5:25	-	11	2:35	76	3:15	-	5:25	-	11	2:35	76	3:15	
Himmelsleiter +	-	6:13	-	11	2:07	84	2:31	-	11:38	-	10	4:42	79	5:46	
Nordwand + Dov	-	7:54	-	10	1:46	68	2:29	-	19:32	-	10	6:28	74	8:09	
Nordwand + Dov	-	2:55	-	11	0:50	66	1:24	-	22:27	-	10	7:18	73	9:33	
Duckmäuser Eins	-	23:00	-	9	5:16	54	7:50	-	45:27	-	9	9:46	56	17:23	
Duckmäuser Aus	-	0:38	-	11	0:17	66	0:20	-	46:05	-	9	10:03	55	17:43	
Pneumant Einstie	-	2:17	-	12	1:54	78	1:54	-	48:22	-	9	11:19	52	19:34	
Pneumant Aussti	-	0:06	-	1	-	2	0:01	-	48:28	-	9	11:15	51	19:34	
Heuschnupfen Ei	-	15:07	-	10	3:20	61	4:33	-	1:03:35	-	9	14:35	51	24:07	
Heuschnupfen Ai	-	0:09	-	11	0:04	65	0:04	-	1:03:44	-	9	14:38	49	24:11	
Schlammbowle E	-	3:27	-	12	0:50	70	1:00	-	1:07:11	-	9	15:28	47	25:11	
Schlammbowle A	-	1:31	-	10	0:34	53	0:48	-	1:08:42	-	9	15:36	47	25:59	
Sportplatz Mühlb	8.00	4:18	-	7	0:21	47	0:40	8.00	1:13:00	9:07	12	19:14	72	26:35	