



Detailed evaluation

Lenzer, Stephanie

Club: Ollendorf
Number: 176

Course: 8.00 km
Sprint

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:00:06

Speed: 7.99 km/h
Running performance: 7:31 min/km

Rank in course/Total: 115 (of 292)

Rank in course/Women: 23 (of 100)

Best time in course: 46:25

Rank in category: 3(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 +	-	2:58	-	2	0:08	10	0:48	-	2:58	-	2	0:08	10	0:48	
Himmelsleiter +	-	4:41	-	2	0:35	14	0:59	-	7:39	-	2	0:43	10	1:47	
Nordwand + Dov	-	6:28	-	3	0:20	18	1:03	-	14:07	-	2	1:03	11	2:44	
Nordwand + Dov	-	2:17	-	2	0:12	14	0:46	-	16:24	-	2	1:15	13	3:30	
Duckmäuser Eins	-	19:57	-	2	2:13	24	4:47	-	36:21	-	2	0:40	16	8:17	
Duckmäuser Aus	-	0:25	-	4	0:04	18	0:07	-	36:46	-	2	0:44	17	8:24	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	0:56	-	15	0:50	95	0:51	-	37:42	-	16	0:29	101	8:48	
Heuschnupfen Ei	-	13:34	-	4	1:47	31	3:00	-	51:16	-	15	2:16	100	11:48	
Heuschnupfen Ai	-	0:11	-	13	0:06	87	0:06	-	51:27	-	16	2:21	99	11:54	
Schlammbowle E	-	2:58	-	4	0:21	33	0:31	-	54:25	-	16	2:42	99	12:25	
Schlammbowle A	-	1:28	-	9	0:31	46	0:45	-	55:53	-	16	2:47	101	13:10	
Sportplatz Mühlb	8.00	4:13	-	5	0:16	37	0:35	8.00	1:00:06	7:30	3	6:20	23	13:41	