



## Detailed evaluation

**Nolte, Luisa**

Club: Erfurt  
Number: 64

Course: 8.00 km  
Sprint

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:03:29

Speed: 7.56 km/h  
Running performance: 7:56 min/km

Rank in course/Total: 151 (of 292)

Rank in course/Women: 32 (of 100)

Best time in course: 46:25

Rank in category: 4(of 15)

Best time in the category: 53:46

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 +	-	4:13	-	8	1:23	45	2:03	-	4:13	-	8	1:23	45	2:03
Himmelsleiter +	-	5:37	-	5	1:31	40	1:55	-	9:50	-	8	2:54	43	3:58
Nordwand + Dov	-	6:32	-	4	0:24	21	1:07	-	16:22	-	5	3:18	38	4:59
Nordwand + Dov	-	2:33	-	5	0:28	30	1:02	-	18:55	-	5	3:46	39	6:01
Duckmäuser Eins	-	20:52	-	4	3:08	31	5:42	-	39:47	-	4	4:06	30	11:43
Duckmäuser Aus	-	0:32	-	9	0:11	51	0:14	-	40:19	-	4	4:17	30	11:57
Pneumant Einstie	-	0:52	-	3	0:29	24	0:29	-	41:11	-	3	4:08	26	12:23
Pneumant Aussti	-	0:11	-	10	0:05	34	0:06	-	41:22	-	3	4:09	26	12:28
Heuschnupfen Ei	-	13:37	-	5	1:50	32	3:03	-	54:59	-	3	5:59	27	15:31
Heuschnupfen Ai	-	0:09	-	11	0:04	65	0:04	-	55:08	-	3	6:02	26	15:35
Schlammbowle E	-	2:50	-	3	0:13	18	0:23	-	57:58	-	2	6:15	25	15:58
Schlammbowle A	-	1:27	-	8	0:30	44	0:44	-	59:25	-	3	6:19	26	16:42
Sportplatz Mühlb	8.00	4:04	-	2	0:07	18	0:26	8.00	1:03:29	7:56	4	9:43	32	17:04