



Detailed evaluation

Armster, Katrin

Club: CROSSFIT ERFURT
Number: 205

Course: 8.00 km
Sprint

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:03:50

Speed: 7.52 km/h
Running performance: 7:59 min/km

Rank in course/Total: 154 (of 292)

Rank in course/Women: 34 (of 100)

Best time in course: 46:25

Rank in category: 5(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 +	-	3:40	-	3	0:50	27	1:30	-	3:40	-	3	0:50	27	1:30	
Himmelsleiter +	-	5:19	-	3	1:13	25	1:37	-	8:59	-	3	2:03	25	3:07	
Nordwand + Dov	-	7:12	-	5	1:04	44	1:47	-	16:11	-	4	3:07	34	4:48	
Nordwand + Dov	-	2:37	-	7	0:32	38	1:06	-	18:48	-	4	3:39	35	5:54	
Duckmäuser Eins	-	20:38	-	3	2:54	27	5:28	-	39:26	-	3	3:45	26	11:22	
Duckmäuser Aus	-	0:24	-	2	0:03	9	0:06	-	39:50	-	3	3:48	25	11:28	
Pneumant Einstie	-	0:46	-	2	0:23	18	0:23	-	40:36	-	2	3:33	23	11:48	
Pneumant Aussti	-	0:10	-	6	0:04	22	0:05	-	40:46	-	2	3:33	23	11:52	
Heuschnupfen Ei	-	14:06	-	6	2:19	40	3:32	-	54:52	-	2	5:52	25	15:24	
Heuschnupfen Ai	-	0:07	-	4	0:02	22	0:02	-	54:59	-	2	5:53	24	15:26	
Schlammbowle E	-	3:01	-	5	0:24	38	0:34	-	58:00	-	3	6:17	26	16:00	
Schlammbowle A	-	1:21	-	5	0:24	33	0:38	-	59:21	-	2	6:15	25	16:38	
Sportplatz Mühlb	8.00	4:29	-	10	0:32	63	0:51	8.00	1:03:50	7:58	5	10:04	34	17:25	