



Detailed evaluation

Bärenklau, Anja

Club: Crossfit
Number: 25

Course: 8.00 km
Sprint

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 48:57

Speed: 9.81 km/h
Running performance: 6:07 min/km

Rank in course/Total: 26 (of 292)

Rank in course/Women: 2 (of 100)

Best time in course: 46:25

Rank in category: 1(of 25)

Best time in the category: 48:57

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 +	-	2:19	-	1	-	2	0:09	-	2:19	-	1	-	2	0:09	
Himmelsleiter +	-	3:55	-	1	-	2	0:13	-	6:14	-	1	-	2	0:22	
Nordwand + Dov	-	5:25	-	1	-	1	-	-	11:39	-	1	-	2	0:16	
Nordwand + Dov	-	2:05	-	3	0:09	7	0:34	-	13:44	-	1	-	2	0:50	
Duckmäuser Eins	-	16:01	-	1	-	2	0:51	-	29:45	-	1	-	2	1:41	
Duckmäuser Aus	-	0:24	-	5	0:03	9	0:06	-	30:09	-	1	-	2	1:47	
Pneumant Einstie	-	0:24	-	1	-	2	0:01	-	30:33	-	1	-	2	1:45	
Pneumant Aussti	-	0:10	-	5	0:03	22	0:05	-	30:43	-	1	-	2	1:49	
Heuschnupfen Ei	-	10:50	-	1	-	2	0:16	-	41:33	-	1	-	2	2:05	
Heuschnupfen Ai	-	0:06	-	2	0:01	7	0:01	-	41:39	-	1	-	2	2:06	
Schlammbowle E	-	2:29	-	1	-	2	0:02	-	44:08	-	1	-	2	2:08	
Schlammbowle A	-	1:01	-	3	0:14	7	0:18	-	45:09	-	1	-	2	2:26	
Sportplatz Mühlb	8.00	3:48	-	2	0:05	4	0:10	8.00	48:57	6:07	1	-	2	2:32	