



Detailed evaluation

Rau, Antje

Club: Coburg Locals / RunningBros
Number: 215

Course: 8.00 km
Sprint

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:07:21

Speed: 7.13 km/h
Running performance: 8:25 min/km

Rank in course/Total: 197 (of 292)

Rank in course/Women: 49 (of 100)

Best time in course: 46:25

Rank in category: 11(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 +	-	5:15	-	13	2:56	66	3:05	-	5:15	-	13	2:56	66	3:05	
Himmelsleiter +	-	5:57	-	16	2:02	67	2:15	-	11:12	-	14	4:58	67	5:20	
Nordwand + Dov	-	7:27	-	10	2:02	51	2:02	-	18:39	-	12	7:00	65	7:16	
Nordwand + Dov	-	2:56	-	15	1:00	68	1:25	-	21:35	-	11	7:51	63	8:41	
Duckmäuser Eins	-	20:43	-	9	4:42	28	5:33	-	42:18	-	10	12:33	38	14:14	
Duckmäuser Aus	-	0:31	-	12	0:10	47	0:13	-	42:49	-	10	12:40	37	14:27	
Pneumant Einstie	-	1:32	-	14	1:08	60	1:09	-	44:21	-	10	13:48	37	15:33	
Pneumant Aussti	-	0:18	-	23	0:11	85	0:13	-	44:39	-	10	13:56	37	15:45	
Heuschnupfen Ei	-	13:50	-	9	3:00	36	3:16	-	58:29	-	10	16:56	34	19:01	
Heuschnupfen Ai	-	0:07	-	3	0:02	22	0:02	-	58:36	-	10	16:57	33	19:03	
Schlammbowle E	-	3:03	-	10	0:34	41	0:36	-	1:01:39	-	11	17:31	34	19:39	
Schlammbowle A	-	1:27	-	12	0:40	44	0:44	-	1:03:06	-	11	17:57	34	20:23	
Sportplatz Mühlb	8.00	4:15	-	12	0:32	43	0:37	8.00	1:07:21	8:25	11	18:24	49	20:56	