



Detailed evaluation

Okon, Saskia

Club: 50 Shades of Matsch
Number: 241

Course: 8.00 km
Sprint

Category:
Frauen (20-29 Jahre)

Total time: 1:03:04

Speed: 7.61 km/h
Running performance: 7:53 min/km

Rank in course/Total: 147 (of 292)

Rank in course/Women: 31 (of 100)

Best time in course: 46:25

Rank in category: 9(of 26)

Best time in the category: 54:41

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 +	-	3:25	-	6	0:35	22	1:15	-	3:25	-	6	0:35	22	1:15		
Himmelsleiter +	-	5:37	-	10	1:10	40	1:55	-	9:02	-	6	1:45	26	3:10		
Nordwand + Dov	-	7:22	-	15	1:22	49	1:57	-	16:24	-	9	2:38	39	5:01		
Nordwand + Dov	-	2:23	-	4	0:12	17	0:52	-	18:47	-	8	2:50	33	5:53		
Duckmäuser Eins	-	21:02	-	8	3:38	33	5:52	-	39:49	-	8	6:28	31	11:45		
Duckmäuser Aus	-	0:26	-	7	0:02	23	0:08	-	40:15	-	7	6:27	29	11:53		
Pneumant Einstie	-	1:40	-	20	1:08	63	1:17	-	41:55	-	7	7:15	30	13:07		
Pneumant Aussti	-	0:09	-	3	0:04	12	0:04	-	42:04	-	7	7:14	30	13:10		
Heuschnupfen Ei	-	12:49	-	5	0:52	18	2:15	-	54:53	-	7	7:56	26	15:25		
Heuschnupfen Ai	-	0:07	-	10	0:02	22	0:02	-	55:00	-	7	7:58	25	15:27		
Schlammbowle E	-	2:51	-	7	0:16	21	0:24	-	57:51	-	7	8:11	23	15:51		
Schlammbowle A	-	1:01	-	1	-	7	0:18	-	58:52	-	7	8:04	23	16:09		
Sportplatz Mühlb	8.00	4:12	-	10	0:19	34	0:34	8.00	1:03:04	7:53	9	8:23	31	16:39		