



Detailed evaluation

Bonsack, Anja

Club: 50 Shades of Matsch
Number: 207

Course: 8.00 km
Sprint

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:20:49

Speed: 5.94 km/h
Running performance: 10:06 min/km

Rank in course/Total: 275 (of 292)

Rank in course/Women: 87 (of 100)

Best time in course: 46:25

Rank in category: 19(of 25)

Best time in the category: 48:57

| 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 + | - | 3:59 | - | 9 | 1:40 | 41 | 1:49 | - | 3:59 | - | 9 | 1:40 | 41 | 1:49 |
| Himmelsleiter + | - | 8:28 | - | 25 | 4:33 | 100 | 4:46 | - | 12:27 | - | 20 | 6:13 | 88 | 6:35 |
| Nordwand + Dov | - | 10:09 | - | 24 | 4:44 | 97 | 4:44 | - | 22:36 | - | 22 | 10:57 | 95 | 11:13 |
| Nordwand + Dov | - | 2:42 | - | 9 | 0:46 | 45 | 1:11 | - | 25:18 | - | 19 | 11:34 | 87 | 12:24 |
| Duckmäuser Eins | - | 26:01 | - | 15 | 10:00 | 66 | 10:51 | - | 51:19 | - | 15 | 21:34 | 65 | 23:15 |
| Duckmäuser Aus | - | 0:34 | - | 18 | 0:13 | 60 | 0:16 | - | 51:53 | - | 15 | 21:44 | 65 | 23:31 |
| Pneumant Einstie | - | 1:54 | - | 18 | 1:30 | 71 | 1:31 | - | 53:47 | - | 16 | 23:14 | 60 | 24:59 |
| Pneumant Aussti | - | 0:10 | - | 5 | 0:03 | 22 | 0:05 | - | 53:57 | - | 16 | 23:14 | 61 | 25:03 |
| Heuschnupfen Ei | - | 16:38 | - | 19 | 5:48 | 82 | 6:04 | - | 1:10:35 | - | 15 | 29:02 | 59 | 31:07 |
| Heuschnupfen Ai | - | 0:12 | - | 24 | 0:07 | 91 | 0:07 | - | 1:10:47 | - | 15 | 29:08 | 57 | 31:14 |
| Schlammbowle E | - | 3:24 | - | 14 | 0:55 | 66 | 0:57 | - | 1:14:11 | - | 15 | 30:03 | 56 | 32:11 |
| Schlammbowle A | - | 1:52 | - | 20 | 1:05 | 75 | 1:09 | - | 1:16:03 | - | 15 | 30:54 | 56 | 33:20 |
| Sportplatz Mühlb | 8.00 | 4:46 | - | 20 | 1:03 | 85 | 1:08 | 8.00 | 1:20:49 | 10:06 | 19 | 31:52 | 87 | 34:24 |