



Detailed evaluation

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Club: LTV Erfurt
Number: 517

Course: 16.00 km
Expert

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:35:43

Speed: 10.03 km/h
Running performance: 5:59 min/km

Rank in course/Total: 46 (of 304)

Rank in course/Women: 5 (of 52)

Best time in course: 1:26:55

Rank in category: 2(of 9)

Best time in the category: 1:30:41

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 +	-	2:24	-	2	0:23	6	0:23	-	2:24	-	2	0:23	6	0:23
Himmelsleiter +	-	3:59	-	2	0:28	6	0:28	-	6:23	-	2	0:51	6	0:51
Nordwand + Dov	-	5:20	-	2	0:09	5	0:20	-	11:43	-	2	1:00	6	1:01
Nordwand + Dov	-	1:51	-	2	0:12	6	0:15	-	13:34	-	2	1:12	6	1:13
Duckmäuser Eins	-	15:28	-	1	-	3	1:27	-	29:02	-	1	-	3	2:40
Duckmäuser Aus	-	0:26	-	2	0:02	9	0:07	-	29:28	-	1	-	3	2:45
Pneumant Einstie	-	0:27	-	2	0:09	3	0:09	-	29:55	-	1	-	3	2:41
Pneumant Aussti	-	0:12	-	5	0:05	23	0:08	-	30:07	-	1	-	3	2:46
Heuschupfen Ei	-	10:46	-	2	0:48	5	0:55	-	40:53	-	1	-	3	3:41
Heuschupfen Ai	-	0:06	-	2	0:01	2	0:01	-	40:59	-	1	-	3	3:41
Schlammbowle E	-	2:30	-	1	-	4	0:15	-	43:29	-	1	-	3	3:56
Schlammbowle A	-	0:53	-	1	-	1	-	-	44:22	-	1	-	3	3:52
Himmelsleiter +	-	4:10	-	1	-	4	0:32	-	48:32	-	1	-	3	4:24
Himmelsleiter +	-	4:09	-	2	0:03	4	0:15	-	52:41	-	1	-	3	4:39
Nordwand + Dov	-	5:35	-	1	-	2	0:25	-	58:16	-	1	-	3	5:04
Nordwand + Dov	-	1:54	-	2	0:15	5	0:19	-	1:00:10	-	1	-	3	5:23
Duckmäuser Eins	-	16:20	-	2	0:48	4	1:36	-	1:16:30	-	1	-	3	6:59
Duckmäuser Aus	-	0:26	-	5	0:09	13	0:09	-	1:16:56	-	1	-	3	7:04
Pneumant Einstie	-	0:27	-	2	0:02	2	0:02	-	1:17:23	-	1	-	3	6:57
Pneumant Aussti	-	0:11	-	6	0:05	20	0:05	-	1:17:34	-	1	-	3	7:02
Heuschupfen Ei	-	10:42	-	2	0:07	4	1:02	-	1:28:16	-	1	-	3	8:04
Heuschupfen Ai	-	0:06	-	1	-	5	0:01	-	1:28:22	-	1	-	3	8:04
Schlammbowle E	-	2:26	-	1	-	2	0:18	-	1:30:48	-	1	-	3	8:22
Schlammbowle A	-	1:09	-	1	-	4	0:15	-	1:31:57	-	1	-	3	8:37
Sportplatz Mühlb	8.00	3:46	-	2	0:02	5	0:11	16.00	1:35:43	5:58	2	5:02	5	8:48