



Detailed evaluation

Marufke, Luise

Club: EFC Calisthenics
Number: 189

Course: 8.00 km
Sprint

Category:
Frauen (20-29 Jahre)

Total time: 1:00:06

Speed: 7.99 km/h
Running performance: 7:31 min/km

Rank in course/Total: 116 (of 292)

Rank in course/Women: 23 (of 100)

Best time in course: 46:25

Rank in category: 6(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 +	-	3:18	-	4	0:28	18	1:08	-	3:18	-	4	0:28	18	1:08	
Himmelsleiter +	-	4:36	-	4	0:09	11	0:54	-	7:54	-	4	0:37	16	2:02	
Nordwand + Dov	-	6:31	-	6	0:31	20	1:06	-	14:25	-	4	0:39	15	3:02	
Nordwand + Dov	-	2:36	-	11	0:25	35	1:05	-	17:01	-	4	1:04	16	4:07	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	19:20	-	19	18:56	75	19:02	-	36:21	-	25	2:33	92	7:59	
Pneumant Einstie	-	0:40	-	4	0:08	14	0:17	-	37:01	-	26	2:21	95	8:13	
Pneumant Aussti	-	0:09	-	3	0:04	12	0:04	-	37:10	-	27	2:20	101	8:16	
Heuschnupfen Ei	-	14:36	-	14	2:39	52	4:02	-	51:46	-	27	4:49	100	12:18	
Heuschnupfen Ai	-	0:07	-	10	0:02	22	0:02	-	51:53	-	27	4:51	99	12:20	
Schlammbowle E	-	2:45	-	4	0:10	13	0:18	-	54:38	-	27	4:58	99	12:38	
Schlammbowle A	-	1:09	-	4	0:08	17	0:26	-	55:47	-	27	4:59	101	13:04	
Sportplatz Mühlb	8.00	4:19	-	14	0:26	50	0:41	8.00	1:00:06	7:30	6	5:25	23	13:41	