



## Detailed evaluation

**Junk, Ramona**

Club: Crossfit  
Number: 27

Course: 8.00 km  
Sprint

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:12:11

Speed: 6.65 km/h  
Running performance: 9:01 min/km

Rank in course/Total: 239 (of 292)

Rank in course/Women: 68 (of 100)

Best time in course: 46:25

Rank in category: 8(of 9)

Best time in the category: 57:38

| 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 +  | -                  | 4:04       | -            | 6        | 0:56        | 44        | 1:54         | -           | 4:04       | -            | 6        | 0:56          | 44        | 1:54         |  |
| Himmelsleiter +  | -                  | 6:03       | -            | 7        | 1:27        | 75        | 2:21         | -           | 10:07      | -            | 6        | 2:23          | 47        | 4:15         |  |
| Nordwand + Dov   | -                  | 8:16       | -            | 8        | 2:10        | 77        | 2:51         | -           | 18:23      | -            | 7        | 4:06          | 61        | 7:00         |  |
| Nordwand + Dov   | -                  | 3:05       | -            | 7        | 1:09        | 76        | 1:34         | -           | 21:28      | -            | 7        | 5:15          | 60        | 8:34         |  |
| Duckmäuser Eins  | -                  | 22:45      | -            | 6        | 4:04        | 52        | 7:35         | -           | 44:13      | -            | 6        | 9:10          | 49        | 16:09        |  |
| Duckmäuser Aus   | -                  | 0:31       | -            | 6        | 0:11        | 47        | 0:13         | -           | 44:44      | -            | 6        | 9:16          | 48        | 16:22        |  |
| Pneumant Einstie | -                  | fehlt!     | -            | -        | -           | -         | -            | -           | -          | -            | -        | -             | -         | -            |  |
| Pneumant Aussti  | -                  | 2:02       | -            | 9        | 1:52        | 99        | 1:57         | -           | 46:46      | -            | 10       | 10:24         | 101       | 17:52        |  |
| Heuschnupfen Ei  | -                  | 15:47      | -            | 8        | 3:04        | 74        | 5:13         | -           | 1:02:33    | -            | 10       | 13:28         | 100       | 23:05        |  |
| Heuschnupfen Ai  | -                  | 0:08       | -            | 2        | 0:02        | 51        | 0:03         | -           | 1:02:41    | -            | 8        | 11:15         | 99        | 23:08        |  |
| Schlammbowle E   | -                  | 3:22       | -            | 7        | 0:42        | 62        | 0:55         | -           | 1:06:03    | -            | 10       | 11:50         | 99        | 24:03        |  |
| Schlammbowle A   | -                  | 1:36       | -            | 7        | 0:31        | 58        | 0:53         | -           | 1:07:39    | -            | 10       | 12:13         | 101       | 24:56        |  |
| Sportplatz Mühlb | 8.00               | 4:32       | -            | 7        | 0:42        | 69        | 0:54         | 8.00        | 1:12:11    | 9:01         | 8        | 14:33         | 68        | 25:46        |  |