



Detailed evaluation

Pjonteková, Martina

Club: Erfurt
Number: 185

Course: 8.00 km
Sprint

Category:
Frauen (20-29 Jahre)

Total time: 57:04

Speed: 8.41 km/h
Running performance: 7:08 min/km

Rank in course/Total: 77 (of 292)

Rank in course/Women: 11 (of 100)

Best time in course: 46:25

Rank in category: 2(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 +	-	2:53	-	2	0:03	9	0:43	-	2:53	-	2	0:03	9	0:43
Himmelsleiter +	-	4:32	-	3	0:05	10	0:50	-	7:25	-	2	0:08	8	1:33
Nordwand + Dov	-	6:27	-	4	0:27	17	1:02	-	13:52	-	3	0:06	9	2:29
Nordwand + Dov	-	2:18	-	3	0:07	15	0:47	-	16:10	-	3	0:13	10	3:16
Duckmäuser Eins	-	18:39	-	4	1:15	13	3:29	-	34:49	-	3	1:28	9	6:45
Duckmäuser Aus	-	0:24	-	1	-	9	0:06	-	35:13	-	3	1:25	9	6:51
Pneumant Einstie	-	0:48	-	6	0:16	20	0:25	-	36:01	-	3	1:21	10	7:13
Pneumant Aussti	-	0:12	-	12	0:07	42	0:07	-	36:13	-	3	1:23	10	7:19
Heuschnupfen Ei	-	12:31	-	3	0:34	12	1:57	-	48:44	-	2	1:47	10	9:16
Heuschnupfen Ai	-	0:06	-	3	0:01	7	0:01	-	48:50	-	2	1:48	10	9:17
Schlammbowle E	-	2:50	-	6	0:15	18	0:23	-	51:40	-	2	2:00	10	9:40
Schlammbowle A	-	1:22	-	10	0:21	35	0:39	-	53:02	-	2	2:14	10	10:19
Sportplatz Mühlb	8.00	4:02	-	6	0:09	17	0:24	8.00	57:04	7:08	2	2:23	11	10:39