



Detailed evaluation

Zielinski, Alexandra

Club: 50 Shades of Matsch
Number: 211

Course: 8.00 km
Sprint

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 56:33

Speed: 8.49 km/h
Running performance: 7:04 min/km

Rank in course/Total: 72 (of 292)

Rank in course/Women: 9 (of 100)

Best time in course: 46:25

Rank in category: 3(of 25)

Best time in the category: 48:57

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 +	-	3:06	-	3	0:47	13	0:56	-	3:06	-	3	0:47	13	0:56	
Himmelsleiter +	-	4:37	-	4	0:42	13	0:55	-	7:43	-	3	1:29	11	1:51	
Nordwand + Dov	-	6:26	-	5	1:01	16	1:01	-	14:09	-	4	2:30	12	2:46	
Nordwand + Dov	-	2:04	-	2	0:08	6	0:33	-	16:13	-	4	2:29	11	3:19	
Duckmäuser Eins	-	19:03	-	6	3:02	19	3:53	-	35:16	-	4	5:31	12	7:12	
Duckmäuser Aus	-	0:26	-	6	0:05	23	0:08	-	35:42	-	4	5:33	12	7:20	
Pneumant Einstie	-	0:41	-	4	0:17	15	0:18	-	36:23	-	4	5:50	12	7:35	
Pneumant Aussti	-	0:09	-	3	0:02	12	0:04	-	36:32	-	4	5:49	12	7:38	
Heuschnupfen Ei	-	12:10	-	3	1:20	10	1:36	-	48:42	-	4	7:09	9	9:14	
Heuschnupfen Ai	-	0:07	-	3	0:02	22	0:02	-	48:49	-	4	7:10	9	9:16	
Schlammbowle E	-	2:41	-	3	0:12	11	0:14	-	51:30	-	4	7:22	9	9:30	
Schlammbowle A	-	0:57	-	2	0:10	5	0:14	-	52:27	-	3	7:18	8	9:44	
Sportplatz Mühlb	8.00	4:06	-	4	0:23	25	0:28	8.00	56:33	7:04	3	7:36	9	10:08	