



## Detailed evaluation

Sintermann, Kerstin

Club: Olsberg  
Number: 162

Course: 8.00 km  
Sprint

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:14:07

Speed: 6.48 km/h  
Running performance: 9:16 min/km

Rank in course/Total: 255 (of 292)

Rank in course/Women: 80 (of 100)

Best time in course: 46:25

Rank in category: 18(of 25)

Best time in the category: 48:57

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 +	-	6:00	-	20	3:41	88	3:50	-	6:00	-	20	3:41	88	3:50
Himmelsleiter +	-	5:55	-	14	2:00	64	2:13	-	11:55	-	18	5:41	84	6:03
Nordwand + Dov	-	8:18	-	18	2:53	80	2:53	-	20:13	-	18	8:34	84	8:50
Nordwand + Dov	-	3:09	-	18	1:13	82	1:38	-	23:22	-	18	9:38	85	10:28
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Pneumant Einstie	-	25:35	-	25	25:11	94	25:12	-	48:57	-	26	18:24	95	20:09
Pneumant Aussti	-	0:14	-	17	0:07	64	0:09	-	49:11	-	26	18:28	101	20:17
Heuschnupfen Ei	-	15:19	-	15	4:29	66	4:45	-	1:04:30	-	26	22:57	100	25:02
Heuschnupfen Ai	-	0:07	-	3	0:02	22	0:02	-	1:04:37	-	26	22:58	99	25:04
Schlammbowle E	-	3:33	-	17	1:04	79	1:06	-	1:08:10	-	26	24:02	99	26:10
Schlammbowle A	-	1:13	-	5	0:26	20	0:30	-	1:09:23	-	26	24:14	101	26:40
Sportplatz Mühlb	8.00	4:44	-	19	1:01	81	1:06	8.00	1:14:07	9:15	18	25:10	80	27:42