



## Detailed evaluation

kirsch, anja

Club: erfurt  
Number: 119

Course: 8.00 km  
Sprint

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:02:16

Speed: 7.71 km/h  
Running performance: 7:47 min/km

Rank in course/Total: 144 (of 292)

Rank in course/Women: 30 (of 100)

Best time in course: 46:25

Rank in category: 3(of 8)

Best time in the category: 52:15

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 +	-	3:42	-	3	0:53	30	1:32	-	3:42	-	3	0:53	30	1:32	
Himmelsleiter +	-	5:25	-	3	1:15	27	1:43	-	9:07	-	3	2:08	30	3:15	
Nordwand + Dov	-	7:14	-	4	1:21	45	1:49	-	16:21	-	3	3:29	37	4:58	
Nordwand + Dov	-	2:33	-	3	0:34	30	1:02	-	18:54	-	3	4:03	38	6:00	
Duckmäuser Eins	-	20:19	-	3	3:06	25	5:09	-	39:13	-	3	7:09	25	11:09	
Duckmäuser Aus	-	0:24	-	1	-	9	0:06	-	39:37	-	3	7:04	24	11:15	
Pneumant Einstie	-	1:07	-	4	0:38	39	0:44	-	40:44	-	3	7:25	24	11:56	
Pneumant Aussti	-	0:11	-	3	0:03	34	0:06	-	40:55	-	3	7:24	24	12:01	
Heuschnupfen Ei	-	13:15	-	3	2:00	25	2:41	-	54:10	-	3	9:24	23	14:42	
Heuschnupfen Ai	-	0:06	-	1	-	7	0:01	-	54:16	-	3	9:22	22	14:43	
Schlammbowle E	-	2:51	-	3	0:15	21	0:24	-	57:07	-	3	9:37	22	15:07	
Schlammbowle A	-	1:04	-	2	0:10	11	0:21	-	58:11	-	3	9:47	22	15:28	
Sportplatz Mühlb	8.00	4:05	-	3	0:14	20	0:27	8.00	1:02:16	7:46	3	10:01	30	15:51	