



Detailed evaluation

Broja, Theresa

Club: CROSSFIT ERFURT
Number: 204

Course: 8.00 km
Sprint

Category:
Frauen (20-29 Jahre)

Total time: 1:09:44

Speed: 6.88 km/h
Running performance: 8:43 min/km

Rank in course/Total: 219 (of 292)

Rank in course/Women: 59 (of 100)

Best time in course: 46:25

Rank in category: 17(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 +	-	3:52	-	9	1:02	36	1:42	-	3:52	-	9	1:02	36	1:42	
Himmelsleiter +	-	5:48	-	14	1:21	49	2:06	-	9:40	-	9	2:23	37	3:48	
Nordwand + Dov	-	7:32	-	17	1:32	53	2:07	-	17:12	-	11	3:26	42	5:49	
Nordwand + Dov	-	3:25	-	25	1:14	91	1:54	-	20:37	-	14	4:40	48	7:43	
Duckmäuser Eins	-	22:17	-	14	4:53	47	7:07	-	42:54	-	13	9:33	44	14:50	
Duckmäuser Aus	-	0:37	-	18	0:13	65	0:19	-	43:31	-	12	9:43	43	15:09	
Pneumant Einstie	-	0:41	-	5	0:09	15	0:18	-	44:12	-	10	9:32	35	15:24	
Pneumant Aussti	-	0:22	-	23	0:17	90	0:17	-	44:34	-	11	9:44	36	15:40	
Heuschnupfen Ei	-	15:34	-	20	3:37	71	5:00	-	1:00:08	-	11	13:11	41	20:40	
Heuschnupfen Ai	-	0:11	-	24	0:06	87	0:06	-	1:00:19	-	11	13:17	40	20:46	
Schlammbowle E	-	3:11	-	17	0:36	54	0:44	-	1:03:30	-	11	13:50	39	21:30	
Schlammbowle A	-	2:09	-	23	1:08	86	1:26	-	1:05:39	-	12	14:51	40	22:56	
Sportplatz Mühlb	8.00	4:05	-	7	0:12	20	0:27	8.00	1:09:44	8:43	17	15:03	59	23:19	