



Detailed evaluation

Kolax, Andrea

Club: 50 Shades of Matsch
Number: 172

Course: 8.00 km
Sprint

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 52:15

Speed: 9.19 km/h
Running performance: 6:32 min/km

Rank in course/Total: 51 (of 292)

Rank in course/Women: 4 (of 100)

Best time in course: 46:25

Rank in category: 1(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 +	-	2:49	-	1	-	5	0:39	-	2:49	-	1	-	5	0:39	
Himmelsleiter +	-	4:10	-	1	-	5	0:28	-	6:59	-	1	-	5	1:07	
Nordwand + Dov	-	5:53	-	1	-	4	0:28	-	12:52	-	1	-	4	1:29	
Nordwand + Dov	-	1:59	-	1	-	4	0:28	-	14:51	-	1	-	4	1:57	
Duckmäuser Eins	-	17:13	-	1	-	4	2:03	-	32:04	-	1	-	4	4:00	
Duckmäuser Aus	-	0:29	-	4	0:05	35	0:11	-	32:33	-	1	-	4	4:11	
Pneumant Einstie	-	0:46	-	3	0:17	18	0:23	-	33:19	-	1	-	4	4:31	
Pneumant Aussti	-	0:12	-	5	0:04	42	0:07	-	33:31	-	1	-	4	4:37	
Heuschnupfen Ei	-	11:15	-	1	-	3	0:41	-	44:46	-	1	-	4	5:18	
Heuschnupfen Ai	-	0:08	-	4	0:02	51	0:03	-	44:54	-	1	-	4	5:21	
Schlammbowle E	-	2:36	-	1	-	6	0:09	-	47:30	-	1	-	4	5:30	
Schlammbowle A	-	0:54	-	1	-	3	0:11	-	48:24	-	1	-	4	5:41	
Sportplatz Mühlb	8.00	3:51	-	1	-	6	0:13	8.00	52:15	6:31	1	-	4	5:50	