



Detailed evaluation

Schröder, Jana

Club: Copacabana Läuferinnen
Number: 539

Course: 16.00 km
Expert

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:48:22

Speed: 8.86 km/h
Running performance: 6:46 min/km

Rank in course/Total: 119 (of 304)

Rank in course/Women: 7 (of 52)

Best time in course: 1:26:55

Rank in category: 1(of 7)

Best time in the category: 1:48:22

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 +	-	3:15	-	3	1:00	12	1:14	-	3:15	-	3	1:00	12	1:14
Himmelsleiter +	-	4:55	-	2	1:16	9	1:24	-	8:10	-	3	2:16	12	2:38
Nordwand + Dov	-	5:49	-	2	0:19	7	0:49	-	13:59	-	2	2:35	10	3:17
Nordwand + Dov	-	2:29	-	5	0:50	26	0:53	-	16:28	-	2	3:25	11	4:07
Duckmäuser Eins	-	17:07	-	1	-	4	3:06	-	33:35	-	1	-	4	7:13
Duckmäuser Aus	-	0:51	-	5	0:32	30	0:32	-	34:26	-	1	-	4	7:43
Pneumant Einstie	-	0:33	-	1	-	5	0:15	-	34:59	-	1	-	4	7:45
Pneumant Aussti	-	0:09	-	2	0:02	10	0:05	-	35:08	-	1	-	4	7:47
Heuschnupfen Ei	-	12:08	-	1	-	8	2:17	-	47:16	-	1	-	4	10:04
Heuschnupfen Ai	-	0:14	-	6	0:08	51	0:09	-	47:30	-	1	-	4	10:12
Schlammbowle E	-	2:40	-	1	-	5	0:25	-	50:10	-	1	-	4	10:37
Schlammbowle A	-	1:21	-	2	0:17	14	0:28	-	51:31	-	1	-	4	11:01
Himmelsleiter +	-	4:16	-	1	-	5	0:38	-	55:47	-	1	-	4	11:39
Himmelsleiter +	-	4:27	-	1	-	5	0:33	-	1:00:14	-	1	-	4	12:12
Nordwand + Dov	-	6:23	-	2	0:08	8	1:13	-	1:06:37	-	1	-	4	13:25
Nordwand + Dov	-	2:20	-	4	0:24	18	0:45	-	1:08:57	-	1	-	4	14:10
Duckmäuser Eins	-	17:46	-	1	-	6	3:02	-	1:26:43	-	1	-	4	17:12
Duckmäuser Aus	-	0:34	-	4	0:15	28	0:17	-	1:27:17	-	1	-	4	17:25
Pneumant Einstie	-	0:33	-	1	-	3	0:08	-	1:27:50	-	1	-	4	17:24
Pneumant Aussti	-	0:08	-	1	-	8	0:02	-	1:27:58	-	1	-	4	17:26
Heuschnupfen Ei	-	12:14	-	2	0:05	8	2:34	-	1:40:12	-	1	-	4	20:00
Heuschnupfen Ai	-	0:10	-	5	0:05	36	0:05	-	1:40:22	-	1	-	4	20:04
Schlammbowle E	-	2:45	-	2	0:11	9	0:37	-	1:43:07	-	1	-	4	20:41
Schlammbowle A	-	1:22	-	3	0:06	19	0:28	-	1:44:29	-	1	-	4	21:09
Sportplatz Mühlb	8.00	3:53	-	2	0:01	12	0:18	16.00	1:48:22	6:46	1	-	7	21:27