



Detailed evaluation

Kalb, Alexandra

Club: Coburg Locals / RunningBros
Number: 218

Course: 8.00 km
Sprint

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 59:29

Speed: 8.07 km/h
Running performance: 7:26 min/km

Rank in course/Total: 103 (of 292)

Rank in course/Women: 19 (of 100)

Best time in course: 46:25

Rank in category: 2(of 9)

Best time in the category: 57:38

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 +	-	3:43	-	3	0:35	31	1:33	-	3:43	-	3	0:35	31	1:33	
Himmelsleiter +	-	5:29	-	4	0:53	33	1:47	-	9:12	-	3	1:28	31	3:20	
Nordwand + Dov	-	6:06	-	1	-	6	0:41	-	15:18	-	2	1:01	19	3:55	
Nordwand + Dov	-	2:27	-	2	0:31	24	0:56	-	17:45	-	2	1:32	19	4:51	
Duckmäuser Eins	-	18:41	-	1	-	14	3:31	-	36:26	-	2	1:23	18	8:22	
Duckmäuser Aus	-	0:27	-	4	0:07	26	0:09	-	36:53	-	2	1:25	18	8:31	
Pneumant Einstie	-	1:08	-	3	0:31	40	0:45	-	38:01	-	2	1:56	18	9:13	
Pneumant Aussti	-	0:14	-	5	0:04	64	0:09	-	38:15	-	2	1:53	18	9:21	
Heuschnupfen Ei	-	12:58	-	3	0:15	23	2:24	-	51:13	-	2	2:08	17	11:45	
Heuschnupfen Ai	-	0:13	-	7	0:07	94	0:08	-	51:26	-	1	-	16	11:53	
Schlammbowle E	-	2:47	-	2	0:07	14	0:20	-	54:13	-	1	-	16	12:13	
Schlammbowle A	-	1:19	-	3	0:14	31	0:36	-	55:32	-	2	0:06	18	12:49	
Sportplatz Mühlb	8.00	3:57	-	2	0:07	12	0:19	8.00	59:29	7:26	2	1:51	19	13:04	