



## Detailed evaluation

### Spannaus, Monique

Club: Laufwunder  
Number: 239

Course: 8.00 km  
Sprint

Category:  
Frauen (20-29 Jahre)

Total time: 1:16:18

Speed: 6.29 km/h  
Running performance: 9:32 min/km

Rank in course/Total: 259 (of 292)

Rank in course/Women: 82 (of 100)

Best time in course: 46:25

Rank in category: 25(of 26)

Best time in the category: 54:41

### Intermediate times

### Stage score

### Total ranking

| Control          | Split km | Split Time | Split min/km | Stage score |             |           |              | Total ranking |            |              |          |             |           |              |
|------------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
|                  |          |            |              | Pos Cat.    | Behind Cat. | Pos Women | Behind Women | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Himmelsleiter +  | -        | 5:36       | -            | 23          | 2:46        | 81        | 3:26         | -             | 5:36       | -            | 23       | 2:46        | 81        | 3:26         |
| Himmelsleiter +  | -        | 5:57       | -            | 21          | 1:30        | 67        | 2:15         | -             | 11:33      | -            | 22       | 4:16        | 75        | 5:41         |
| Nordwand + Dov   | -        | 7:03       | -            | 12          | 1:03        | 41        | 1:38         | -             | 18:36      | -            | 20       | 4:50        | 64        | 7:13         |
| Nordwand + Dov   | -        | 3:58       | -            | 26          | 1:47        | 98        | 2:27         | -             | 22:34      | -            | 23       | 6:37        | 75        | 9:40         |
| Duckmäuser Eins  | -        | fehlt!     | -            | -           | -           | -         | -            | -             | -          | -            | -        | -           | -         | -            |
| Duckmäuser Aus   | -        | 24:56      | -            | 24          | 24:32       | 87        | 24:38        | -             | 47:30      | -            | 25       | 13:42       | 92        | 19:08        |
| Pneumant Einstie | -        | 2:15       | -            | 23          | 1:43        | 77        | 1:52         | -             | 49:45      | -            | 26       | 15:05       | 95        | 20:57        |
| Pneumant Aussti  | -        | 0:11       | -            | 11          | 0:06        | 34        | 0:06         | -             | 49:56      | -            | 27       | 15:06       | 101       | 21:02        |
| Heuschnupfen Ei  | -        | 16:19      | -            | 25          | 4:22        | 80        | 5:45         | -             | 1:06:15    | -            | 27       | 19:18       | 100       | 26:47        |
| Heuschnupfen Ai  | -        | 0:06       | -            | 3           | 0:01        | 7         | 0:01         | -             | 1:06:21    | -            | 27       | 19:19       | 99        | 26:48        |
| Schlammbowle E   | -        | 2:54       | -            | 10          | 0:19        | 27        | 0:27         | -             | 1:09:15    | -            | 27       | 19:35       | 99        | 27:15        |
| Schlammbowle A   | -        | 2:18       | -            | 26          | 1:17        | 91        | 1:35         | -             | 1:11:33    | -            | 27       | 20:45       | 101       | 28:50        |
| Sportplatz Mühlb | 8.00     | 4:45       | -            | 25          | 0:52        | 84        | 1:07         | 8.00          | 1:16:18    | 9:32         | 25       | 21:37       | 82        | 29:53        |