



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	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