



Detailed evaluation

Allheilig, Franziska

Club: Erfurt

Number: 2

Course: 8.00 km

Sprint

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 53:46

Speed: 8.93 km/h

Running performance: 6:43 min/km

Rank in course/Total: 60 (of 292)

Rank in course/Women: 6 (of 100)

Best time in course: 46:25

Rank in category: 1(of 15)

Best time in the category: 53:46

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 +	-	2:50	-	1	-	7	0:40	-	2:50	-	1	-	7	0:40	
Himmelsleiter +	-	4:06	-	1	-	4	0:24	-	6:56	-	1	-	4	1:04	
Nordwand + Dov	-	6:08	-	1	-	8	0:43	-	13:04	-	1	-	5	1:41	
Nordwand + Dov	-	2:05	-	1	-	7	0:34	-	15:09	-	1	-	5	2:15	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	17:59	-	13	17:38	74	17:41	-	33:08	-	15	-	92	4:46	
Pneumant Einstie	-	0:23	-	1	-	1	-	-	33:31	-	15	-	95	4:43	
Pneumant Aussti	-	0:06	-	1	-	2	0:01	-	33:37	-	16	-	101	4:43	
Heuschnupfen Ei	-	12:13	-	2	0:26	11	1:39	-	45:50	-	15	-	100	6:22	
Heuschnupfen Ai	-	0:07	-	4	0:02	22	0:02	-	45:57	-	16	-	99	6:24	
Schlammbowle E	-	2:47	-	2	0:10	14	0:20	-	48:44	-	16	-	99	6:44	
Schlammbowle A	-	0:57	-	1	-	5	0:14	-	49:41	-	16	-	101	6:58	
Sportplatz Mühlb	8.00	4:05	-	3	0:08	20	0:27	8.00	53:46	6:43	1	-	6	7:21	