



Detailed evaluation

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Club: BARMER GEK
Number: 167

Course: 8.00 km
Sprint

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 56:16

Speed: 8.53 km/h
Running performance: 7:02 min/km

Rank in course/Total: 70 (of 292)

Rank in course/Women: 8 (of 100)

Best time in course: 46:25

Rank in category: 2(of 8)

Best time in the category: 52:15

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 +	-	3:05	-	2	0:16	12	0:55	-	3:05	-	2	0:16	12	0:55
Himmelsleiter +	-	4:43	-	2	0:33	15	1:01	-	7:48	-	2	0:49	15	1:56
Nordwand + Dov	-	6:44	-	2	0:51	30	1:19	-	14:32	-	2	1:40	16	3:09
Nordwand + Dov	-	2:07	-	2	0:08	9	0:36	-	16:39	-	2	1:48	15	3:45
Duckmäuser Eins	-	18:19	-	2	1:06	9	3:09	-	34:58	-	2	2:54	10	6:54
Duckmäuser Aus	-	0:24	-	1	-	9	0:06	-	35:22	-	2	2:49	10	7:00
Pneumant Einstie	-	0:31	-	2	0:02	5	0:08	-	35:53	-	2	2:34	8	7:05
Pneumant Aussti	-	0:13	-	6	0:05	50	0:08	-	36:06	-	2	2:35	8	7:12
Heuschnupfen Ei	-	12:07	-	2	0:52	8	1:33	-	48:13	-	2	3:27	7	8:45
Heuschnupfen Ai	-	0:08	-	4	0:02	51	0:03	-	48:21	-	2	3:27	7	8:48
Schlammbowle E	-	2:48	-	2	0:12	16	0:21	-	51:09	-	2	3:39	7	9:09
Schlammbowle A	-	1:12	-	3	0:18	19	0:29	-	52:21	-	2	3:57	7	9:38
Sportplatz Mühlb	8.00	3:55	-	2	0:04	10	0:17	8.00	56:16	7:01	2	4:01	8	9:51