



Detailed evaluation

KNOPKE, Elaine

Club: Sprehagen

Number: 1258

Course: 0.50 km

Kids Swim & Run

Category:

weibliche Schüler C

Total time: 6:24

Speed: 4.69 km/h

Running performance: 12:48 min/km

Rank in course/Total: 11 (of 12)

Rank in course/Women: 5 (of 6)

Best time in course: 4:24

Rank in category: 5(of 5)

Best time in the category: 4:24

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Schwimmen	0.10	4:22	43:39	5	1:31	5	1:31	0.10	4:22	43:39	5	1:31	5	1:31
Laufen	0.40	2:02	5:04	5	0:29	5	0:29	0.50	6:24	12:48	5	2:00	5	2:00