



Detailed evaluation

RINK-BETTERMANN, Constanze

Club: Arnstadt
Number: 508

Course: 9.50 km
SPRINT

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:59:18

Speed: 4.53 km/h
Running performance: 12:34 min/km

Rank in course/Total: 651 (of 673)

Rank in course/Women: 251 (of 262)

Best time in course: 59:03

Rank in category: 49(of 53)

Best time in the category: 1:05:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Mühlburg	8.69	1:37:03	11:10	49	42:31	251	47:30	8.69	1:37:03	11:10	49	42:31	251	47:30			
Sportplatz Mühlb	0.81	22:15	27:28	48	11:46	245	12:45	9.50	1:59:18	12:33	49	54:17	251	1:00:15			