



Detailed evaluation

SCHADOW, Laura

Club: Luckenwalde
Number: 2192

Course: 26.71 km
BERSERKER

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:54:18

Speed: 8.95 km/h
Running performance: 6:32 min/km

Rank in course/Total: 24 (of 205)

Rank in course/Women: 1 (of 16)

Best time in course: 2:54:18

Rank in category: 1 (of 3)

Best time in the category: 2:54:18

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
Wachsenburg	7.40	45:40	6:10	1	-	1	-	7.40	45:40	6:10	1	-	1	-
Burg Gleichen	8.53	54:41	6:24	1	-	1	-	15.93	1:40:21	6:17	1	-	1	-
Mühlberg	9.97	1:02:51	6:18	1	-	3	3:33	25.90	2:43:12	6:18	1	-	2	53:12
Sportplatz Mühlb	0.81	11:06	13:42	1	-	1	-	26.71	2:54:18	6:31	1	-	1	-