



Detailed evaluation

FLACH, Sandra

Club: Mainaschaff
Number: 2055

Course: 26.71 km
BERSERKER

Category:
Frauen (20-29 Jahre)

Total time: 3:46:38

Speed: 6.88 km/h
Running performance: 8:29 min/km

Rank in course/Total: 137 (of 205)

Rank in course/Women: 10 (of 16)

Best time in course: 2:54:18

Rank in category: 6(of 7)

Best time in the category: 2:56:37

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	58:24	7:53	6	11:51	9	12:44	7.40	58:24	7:53	6	11:51	9	12:44
Burg Gleichen	8.53	1:08:58	8:05	5	13:25	9	14:17	15.93	2:07:22	7:59	6	24:49	10	27:01
Mühlberg	9.97	1:22:18	8:15	5	19:38	10	23:00	25.90	3:29:40	8:05	6	44:27	11	1:39:40
Sportplatz Mühlb	0.81	16:58	20:56	5	5:34	7	5:52	26.71	3:46:38	8:29	6	50:01	10	52:20