



Detailed evaluation

RUSCHKE, Franziska

Club: ERFURT
Number: 1458

Course: 16.78 km
EXPERT

Category:
Frauen (20-29 Jahre)

Total time: 2:03:44

Speed: 8.14 km/h
Running performance: 7:22 min/km

Rank in course/Total: 107 (of 416)

Rank in course/Women: 7 (of 75)

Best time in course: 1:47:42

Rank in category: 4(of 20)

Best time in the category: 1:47:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	51:01	6:53	4	5:50	7	5:50	7.40	51:01	6:53	4	5:50	7	5:50
Mühlburg	8.57	1:00:36	7:04	4	7:37	8	7:37	15.97	1:51:37	6:59	4	13:27	7	13:27
Sportplatz Mühlb	0.81	12:07	14:57	4	2:35	11	2:43	16.78	2:03:44	7:22	4	16:02	7	16:02