



Detailed evaluation

KALB, Alexandra

Club: Ahorn
Number: 289

Course: 9.50 km
SPRINT

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:10:12

Speed: 7.69 km/h
Running performance: 7:23 min/km

Rank in course/Total: 113 (of 673)

Rank in course/Women: 22 (of 262)

Best time in course: 59:03

Rank in category: 2(of 20)

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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Mühlburg	8.69	58:13	6:41	2	3:16	18	8:40	8.69	58:13	6:41	2	3:16	18	8:40
Sportplatz Mühlb	0.81	11:59	14:47	3	1:55	29	2:29	9.50	1:10:12	7:23	2	5:11	22	11:09