



Detailed evaluation

ALMEROOTH, Sophie

Club: Emleben
Number: 4

Course: 9.50 km
SPRINT

Category:
Frauen (20-29 Jahre)

Total time: 1:30:44

Speed: 6.28 km/h
Running performance: 9:33 min/km

Rank in course/Total: 389 (of 673)
Rank in course/Women: 108 (of 262)

Best time in course: 59:03

Rank in category: 31(of 76)

Best time in the category: 1:01:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Mühlburg	8.69	1:14:00	8:30	27	22:54	98	24:27	8.69	1:14:00	8:30	27	22:54	98	24:27
Sportplatz Mühlb	0.81	16:44	20:39	40	6:59	149	7:14	9.50	1:30:44	9:33	31	29:41	108	31:41