



Detailed evaluation

JöCK, Sabine

Club: Kölleda
Number: 279

Course: 9.50 km
SPRINT

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:32:31

Speed: 5.84 km/h
Running performance: 9:44 min/km

Rank in course/Total: 421 (of 673)

Rank in course/Women: 122 (of 262)

Best time in course: 59:03

Rank in category: 21(of 53)

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. | 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 | 1:17:33 | 8:55 | 26 | 23:01 | 133 | 28:00 | 8.69 | 1:17:33 | 8:55 | 26 | 23:01 | 133 | 28:00 |
| Sportplatz Mühlb | 0.81 | 14:58 | 18:28 | 17 | 4:29 | 93 | 5:28 | 9.50 | 1:32:31 | 9:44 | 21 | 27:30 | 122 | 33:28 |