



Detailed evaluation

Grünhardt, Uta

Club: Laufclub Rudolstadt
Number: 1377

Course: 16.78 km
EXPERT

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:32:07

Speed: 6.62 km/h
Running performance: 9:04 min/km

Rank in course/Total: 272 (of 416)

Rank in course/Women: 30 (of 75)

Best time in course: 1:47:42

Rank in category: 3(of 7)

Best time in the category: 2:07:21

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	1:03:56	8:38	3	11:19	45	18:45	7.40	1:03:56	8:38	3	11:19	45	18:45
Mühlburg	8.57	1:14:00	8:38	5	10:41	30	21:01	15.97	2:17:56	8:38	3	22:00	33	39:46
Sportplatz Mühlb	0.81	14:11	17:30	3	2:46	23	4:47	16.78	2:32:07	9:03	3	24:46	30	44:25