



Detailed evaluation

LUNGERSHAUSEN, Nancy

Club: Nordhausen
Number: 393

Course: 9.50 km
SPRINT

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:35:30

Speed: 5.97 km/h
Running performance: 10:03 min/km

Rank in course/Total: 458 (of 673)

Rank in course/Women: 145 (of 262)

Best time in course: 59:03

Rank in category: 30(of 54)

Best time in the category: 59:03

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
Mühlburg	8.69	1:18:28	9:01	31	28:55	147	28:55	8.69	1:18:28	9:01	31	28:55	147	28:55
Sportplatz Mühlb	0.81	17:02	21:01	30	7:32	158	7:32	9.50	1:35:30	10:03	30	36:27	145	36:27