



Detailed evaluation

FRIEDRICH, Katrin

Club: Zeulenroda-Triebes
Number: 145

Course: 9.50 km
SPRINT

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:28:54

Speed: 6.07 km/h
Running performance: 9:22 min/km

Rank in course/Total: 365 (of 673)

Rank in course/Women: 98 (of 262)

Best time in course: 59:03

Rank in category: 12(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		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Mühlburg	8.69	1:13:05	8:24	12	18:08	94	23:32	8.69	1:13:05	8:24	12	18:08	94	23:32				
Sportplatz Mühlb	0.81	15:49	19:31	14	5:45	127	6:19	9.50	1:28:54	9:21	12	23:53	98	29:51				