



## Detailed evaluation

**FRANK, Ramona**

Club: Niederzimmern  
Number: 139

Course: 9.50 km  
SPRINT

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:38:56

Speed: 5.46 km/h  
Running performance: 10:25 min/km

Rank in course/Total: 521 (of 673)

Rank in course/Women: 174 (of 262)

Best time in course: 59:03

Rank in category: 17(of 26)

Best time in the category: 1:00:03

### 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	1:21:47	9:24	15	31:28	171	32:14	8.69	1:21:47	9:24	15	31:28	171	32:14
Sportplatz Mühlb	0.81	17:09	21:10	16	7:25	162	7:39	9.50	1:38:56	10:24	17	38:53	174	39:53