



Detailed evaluation

DEMBECK, Katja

Club: DaRoTel
Number: 85

Course: 9.50 km
SPRINT

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:41:22

Speed: 5.33 km/h
Running performance: 10:40 min/km

Rank in course/Total: 537 (of 673)

Rank in course/Women: 184 (of 262)

Best time in course: 59:03

Rank in category: 37(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
Mühlberg	8.69	1:23:30	9:36	37	28:58	182	33:57	8.69	1:23:30	9:36	37	28:58	182	33:57
Sportplatz Mühlb	0.81	17:52	22:03	37	7:23	182	8:22	9.50	1:41:22	10:40	37	36:21	184	42:19