



Detailed evaluation

NAGEL, Elke

Club: Niederzimmern
Number: 1262

Course: 16.78 km
EXPERT

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:48:49

Speed: 5.69 km/h
Running performance: 10:04 min/km

Rank in course/Total: 353 (of 416)

Rank in course/Women: 60 (of 75)

Best time in course: 1:47:42

Rank in category: 4(of 4)

Best time in the category: 2:46:48

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	1:10:17	9:29	4	13:47	71	25:06	7.40	1:10:17	9:29	4	13:47	71	25:06
Mühlburg	8.57	1:21:34	9:31	1	-	52	28:35	15.97	2:31:51	9:30	4	5:55	63	53:41
Sportplatz Mühlb	0.81	16:58	20:56	1	-	48	7:34	16.78	2:48:49	10:03	4	2:01	60	1:01:07