



Detailed evaluation

VOLK, Stefanie

Club: Meiningen
Number: 1407

Course: 16.78 km
EXPERT

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:44:55

Speed: 5.82 km/h
Running performance: 9:50 min/km

Rank in course/Total: 329 (of 416)

Rank in course/Women: 51 (of 75)

Best time in course: 1:47:42

Rank in category: 8(of 12)

Best time in the category: 1:51:08

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
Wachsenburg	7.40	1:06:11	8:56	7	20:45	56	21:00	7.40	1:06:11	8:56	7	20:45	56	21:00
Mühlburg	8.57	1:21:10	9:28	8	24:52	49	28:11	15.97	2:27:21	9:13	8	45:37	55	49:11
Sportplatz Mühlb	0.81	17:34	21:41	9	8:10	53	8:10	16.78	2:44:55	9:49	8	53:47	51	57:13