



Detailed evaluation

FÖRSTER, Claudia

Club: Erfurt
Number: 137

Course: 9.50 km
SPRINT

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:49:12

Speed: 4.95 km/h
Running performance: 11:29 min/km

Rank in course/Total: 607 (of 673)

Rank in course/Women: 224 (of 262)

Best time in course: 59:03

Rank in category: 45(of 54)

Best time in the category: 59:03

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	1:29:56	10:20	45	40:23	223	40:23	8.69	1:29:56	10:20	45	40:23	223	40:23				
Sportplatz Mühlb	0.81	19:16	23:47	47	9:46	231	9:46	9.50	1:49:12	11:29	45	50:09	224	50:09				