



Detailed evaluation

Sziegoleit, Friederike

Club: Team Paula
Number: 198

Course: 100.22 km
100 Kilometer

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 13:35:46

Speed: 7.36 km/h
Running performance: 8:08 min/km

Rank in course/Total: 139 (of 248)

Rank in course/Women: 19 (of 45)

Best time in course: 10:31:06

Rank in category: 6(of 14)

Best time in the category: 10:31:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Glasbachwiese	27.39	3:29:49	7:39	6	49:09	20	49:09	27.39	3:29:49	7:39	6	49:09	20	49:09
Floh-Seligenthal	27.74	3:34:18	7:43	6	45:45	22	45:45	55.13	7:04:07	7:41	7	1:34:54	22	1:34:54
Finsterbergen	22.03	3:10:22	8:38	6	41:53	18	41:53	77.16	10:14:29	7:57	6	2:16:47	18	2:16:47
Fröttstädt	23.06	3:21:17	8:43	6	47:53	17	54:50	100.22	13:35:46	8:08	6	3:04:40	19	3:04:40