



Detailed evaluation

Donig, Silke

Club: Power PauSi für die Liebe
Number: 117

Course: 100.22 km
100 Kilometer

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 11:38:14

Speed: 8.61 km/h
Running performance: 6:58 min/km

Rank in course/Total: 50 (of 248)

Rank in course/Women: 5 (of 45)

Best time in course: 10:31:06

Rank in category: 2(of 4)

Best time in the category: 11:11:27

Control	Intermediate times			Stage score				Total ranking						
	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
Glasbachwiese	27.39	fehlt!	-	-	-	-	-	27.39	-	-	-	-	-	-
Floh-Seligenthal	27.74	5:50:25	12:37	4	2:49:22	45	3:01:52	55.13	5:50:25	6:21	1	-	3	21:12
Finsterbergen	22.03	2:46:43	7:34	2	12:11	6	18:14	77.16	8:37:08	6:42	1	-	3	39:26
Fröttstädt	23.06	3:01:06	7:51	2	34:39	7	34:39	100.22	11:38:14	6:58	2	26:47	5	1:07:08