



Detailed evaluation

Lia Planert

Club: White Rock e.V. Weißenfels

Number: 700

Course: 3.30 km/Lap

Rennen 5.1 (Jedermann m/w ab U17 ohne Lizenz & ab U19 mit Lizenz)

Category:

Jedermann w

Total time: 1:15:33

Speed: 15.09 km/h

Running performance: 3:48 min/km

Laps: 6 (19.8 km / 540 hm)

Rank in course/Women: 1 (of 3)

Rank in category: 1(of 3)

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
Lap 1	3.30	13:36	4:07	1	-	1	-	3.30	13:36	4:07	1	-	1	-
Lap 2	3.30	11:51	3:35	1	-	1	-	6.60	25:27	3:51	1	-	1	-
Lap 3	3.30	12:08	3:40	1	-	1	-	9.90	37:35	3:47	1	-	1	-
Lap 4	3.30	12:10	3:41	1	-	1	-	13.20	49:45	3:46	1	-	1	-
Lap 5	3.30	12:55	3:54	1	-	1	-	16.50	1:02:40	3:47	1	-	1	-
Lap 6	3.30	12:53	3:54	1	-	1	-	19.80	1:15:33	3:48	1	-	1	-