



Detailed evaluation

Lilly Fornoff

Club: Dresdner SC 1898 e.V.

Number: 402

Course: 1.60 km/Lap

Rennen 4 (U15 m/w)

Category:

U15 weiblich

Total time: 34:09

Speed: 15.81 km/h

Running performance: 3:33 min/km

Laps: 6 (9.6 km / 360 hm)

Rank in course/Women: 2 (of 4)

Rank in category: 2(of 4)

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	1.60	6:50	4:16	2	0:10	2	0:10	1.60	6:50	4:16	2	0:10	2	0:10
Lap 2	1.60	5:26	3:23	2	0:43	2	0:43	3.20	12:16	3:50	2	0:53	2	0:53
Lap 3	1.60	5:20	3:19	2	0:20	2	0:20	4.80	17:36	3:39	2	1:13	2	1:13
Lap 4	1.60	5:23	3:21	2	0:42	2	0:42	6.40	22:59	3:35	2	1:55	2	1:55
Lap 5	1.60	5:40	3:32	3	0:26	3	0:26	8.00	28:39	3:34	2	2:21	2	2:21
Lap 6	1.60	5:30	3:26	3	0:36	3	0:36	9.60	34:09	3:33	2	2:57	2	2:57