



Detailed evaluation

Sylwia Czapla

Number: 8

Course: 4.50 km
Jedermann

Category:
Seniorinnen W30 (30-34) J

Total time: 31:37

Speed: 7.59 km/h

Running performance: 7:01 min/km

Rank in course/Total: 50 (of 66)

Rank in course/Women: 24 (of 29)

Best time in course: 22:30

Rank in category: 5(of 7)

Best time in the category: 22:41

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total | | Total | | Total ranking | |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|-------|--------|-------------|----------------|--------------|-----------------|--|
| | | | | | | Pos Women | Behind Women | km | Time | min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | |
| Zwischenzeit I | - | 15:23 | - | 5 | 4:04 | 23 | 4:08 | - | 15:23 | - | 5 | 4:04 | 23 | 4:08 | |
| Finish | 4.50 | 16:14 | - | 5 | 4:52 | 24 | 5:24 | 4.50 | 31:37 | 7:01 | 5 | 8:56 | 24 | 9:07 | |