



Detailed evaluation

Anna-Lena Metz

Number: 44

Course: 4.50 km
Jedermann

Category:
Seniorinnen W30 (30-34) J

Total time: 39:29

Speed: 6.08 km/h

Running performance: 8:46 min/km

Rank in course/Total: 56 (of 66)

Rank in course/Women: 29 (of 29)

Best time in course: 22:30

Rank in category: 7(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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit I	-	19:13	-	7	7:54	29	7:58	-	19:13	-	7	7:54	29	7:58
Finish	4.50	20:16	-	7	8:54	29	9:26	4.50	39:29	8:46	7	16:48	29	16:59