



Detailed evaluation

Carolin Ludwig

Club: ESSC

Number: 37

Course: 4.50 km

Jedermann

Category:

Seniorinnen W35 (35-39) J

Total time: 24:14

Speed: 9.90 km/h

Running performance: 5:23 min/km

Rank in course/Total: 12 (of 66)

Rank in course/Women: 5 (of 29)

Best time in course: 22:30

Rank in category: 2(of 3)

Best time in the category: 24:02

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 | - | 13:24 | - | 2 | 1:28 | 10 | 2:09 | - | 13:24 | - | 2 | 1:28 | 10 | 2:09 |
| Finish | 4.50 | 10:50 | - | 1 | - | 1 | - | 4.50 | 24:14 | 5:23 | 2 | 0:12 | 5 | 1:44 |