



Detailed evaluation

Jana Rode

Number: 61

Course: 4.50 km
Jedermann

Category:
Seniorinnen W45 (45-49) J

Total time: 27:55

Speed: 8.60 km/h

Running performance: 6:12 min/km

Rank in course/Total: 31 (of 66)

Rank in course/Women: 13 (of 29)

Best time in course: 22:30

Rank in category: 2(of 4)

Best time in the category: 24:50

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	-	13:55	-	2	1:34	14	2:40	-	13:55	-	2	1:34	14	2:40
Finish	4.50	14:00	-	2	1:31	13	3:10	4.50	27:55	6:12	2	3:05	13	5:25