



Detailed evaluation

Beate Makrinus

Club: Sonntagsläufer
Number: 39

Course: 4.50 km
Jedermann

Category:
Seniorinnen W50 (50-54) J

Total time: 30:24

Speed: 7.89 km/h
Running performance: 6:45 min/km

Rank in course/Total: 43 (of 66)
Rank in course/Women: 19 (of 29)
Best time in course: 22:30

Rank in category: 1(of 4)
Best time in the category: 30:24

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	-	14:52	-	2	0:12	18	3:37	-	14:52	-	2	0:12	18	3:37
Finish	4.50	15:32	-	1	-	21	4:42	4.50	30:24	6:45	1	-	19	7:54