



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

Detailed evaluation

Paula Festel

Club: TV Stammbach/ Team My Position!
Number: 10

Course: 54.90 km
3 Runden

Category:
B - Juniorinnen U19

Total time: 4:39:10

Speed: 11.80 km/h
Running performance: 5:05 min/km

Rank in course/Total: 9 (of 15)

Rank in course/Women: 1 (of 1)

Best time in course: 4:39:10

Rank in category: 1(of 1)

Best time in the category: 4:39:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	18.30	1:20:00	4:22	1	-	1	-	18.30	1:20:00	4:22	1	-	1	-				
Control	18.30	1:33:34	5:06	1	-	1	-	36.60	2:53:34	4:44	1	-	1	-				
Pumptrack	18.30	1:45:36	5:46	1	-	1	-	54.90	4:39:10	5:05	1	-	1	-				