



Detailed evaluation

Heinemann, Frances

Club: Luisenthal
Number: 31

Course: 12.70 km
12,7 km-Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 1:18:35

Speed: 9.16 km/h
Running performance: 6:11 min/km

Rank in course/Total: 48 (of 96)

Rank in course/Women: 10 (of 32)

Best time in course: 58:31

Rank in category: 3(of 10)

Best time in the category: 1:09:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit	6.80	45:14	6:39	3	6:31	11	12:30	6.80	45:14	6:39	3	6:31	11	12:30
Finish	6.80	33:21	4:54	3	2:27	10	7:34	12.70	1:18:35	6:11	3	8:58	10	20:04