



Detailed evaluation

Selig, Aileen

Club: TRCT Racing Team
Number: 82

Course: 12.70 km
12,7 km-Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 1:22:53

Speed: 8.69 km/h
Running performance: 6:32 min/km

Rank in course/Total: 59 (of 96)
Rank in course/Women: 15 (of 32)
Best time in course: 58:31

Rank in category: 5(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	46:58	6:54	5	8:15	15	14:14	6.80	46:58	6:54	5	8:15	15	14:14
Finish	6.80	35:55	5:16	6	5:01	15	10:08	12.70	1:22:53	6:31	5	13:16	15	24:22