



Detailed evaluation

Cieciorra, Melanie

Club: Body in Motion
Number: 16

Course: 12.70 km
12,7 km-Lauf

Category:
Seniorinnen W35 (35-39)

Total time: 1:24:48

Speed: 8.49 km/h
Running performance: 6:41 min/km

Rank in course/Total: 64 (of 96)
Rank in course/Women: 18 (of 32)

Best time in course: 58:31
Rank in category: 2(of 4)
Best time in the category: 1:10:58

Control	Intermediate times			Stage score				Total ranking						
	Split km	Split Time	Split min/km	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	47:39	7:00	2	6:08	16	14:55	6.80	47:39	7:00	2	6:08	16	14:55
Finish	6.80	37:09	5:27	2	7:42	21	11:22	12.70	1:24:48	6:40	2	13:50	18	26:17