



Detailed evaluation

Lenz, Sandra

Club: TRCT Racing Team
Number: 40

Course: 12.70 km
12,7 km-Lauf

Category:
Seniorinnen W35 (35-39)

Total time: 1:28:14

Speed: 8.64 km/h
Running performance: 6:57 min/km

Rank in course/Total: 71 (of 96)

Rank in course/Women: 22 (of 32)

Best time in course: 58:31

Rank in category: 3(of 4)

Best time in the category: 1:10:58

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	49:36	7:17	3	8:05	19	16:52	6.80	49:36	7:17	3	8:05	19	16:52
Finish	6.80	38:38	5:40	3	9:11	22	12:51	12.70	1:28:14	6:56	3	17:16	22	29:43