



Detailed evaluation

Pahlke, Jana

Club: SpontanRunners
Number: 56

Course: 12.70 km
12,7 km-Lauf

Category:
Seniorinnen W40 (40-44)

Total time: 1:41:19

Speed: 7.11 km/h
Running performance: 7:59 min/km

Rank in course/Total: 88 (of 96)
Rank in course/Women: 27 (of 32)
Best time in course: 58:31

Rank in category: 9(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	58:23	8:35	9	19:40	28	25:39	6.80	58:23	8:35	9	19:40	28	25:39
Finish	6.80	42:56	6:18	9	12:02	27	17:09	12.70	1:41:19	7:58	9	31:42	27	42:48