



Detailed evaluation

Beck, Nicole

Club: Luisenthal
Number: 5

Course: 12.70 km
12,7 km-Lauf

Category:
Seniorinnen W35 (35-39)

Total time: 1:43:08

Speed: 6.98 km/h
Running performance: 8:07 min/km

Rank in course/Total: 90 (of 96)
Rank in course/Women: 28 (of 32)
Best time in course: 58:31

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

Intermediate times				Stage score				Total ranking						
Control	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	56:38	8:19	4	15:07	25	23:54	6.80	56:38	8:19	4	15:07	25	23:54
Finish	6.80	46:30	6:50	4	17:03	29	20:43	12.70	1:43:08	8:07	4	32:10	28	44:37