



Detailed evaluation

Manuela Kirchner

Club: Run for Fun
Number: 23

Course: 4.50 km
Jedermann

Category:
Seniorinnen W45 (45-49) J

Total time: 21:02

Speed: 11.41 km/h
Running performance: 4:40 min/km

Rank in course/Total: 42 (of 63)

Rank in course/Women: 13 (of 26)

Best time in course: 16:12

Rank in category: 2(of 3)

Best time in the category: 20:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit I	-	14:26	-	2	0:16	15	3:20	-	14:26	-	2	0:16	15	3:20
Finish	-	6:36	-	1	-	13	1:30	4.50	21:02	-	2	0:12	13	4:50