



Detailed evaluation

Jana Dahms

Number: 115

Course: 8.00 km
8 km Lauf

Category:
Seniorinnen W30 (30-34) 8

Total time: 44:07

Speed: 10.88 km/h

Running performance: 5:30 min/km

Rank in course/Total: 45 (of 67)

Rank in course/Women: 17 (of 28)

Best time in course: 37:07

Rank in category: 1(of 2)

Best time in the category: 44:07

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 I	-	5:18	-	1	-	16	0:46	-	5:18	-	1	-	16	0:46
Zwischenzeit I	-	21:31	-	1	-	16	2:59	-	26:49	-	1	-	16	3:32
Finish	-	17:18	-	1	-	20	3:34	8.00	44:07	-	1	-	17	7:00