



Detailed evaluation

Jana Freitag

Number: 120

Course: 8.00 km
8 km Lauf

Category:
Seniorinnen W30 (30-34) 8

Total time: 1:00:43

Speed: 7.91 km/h

Running performance: 7:35 min/km

Rank in course/Total: 66 (of 67)

Rank in course/Women: 28 (of 28)

Best time in course: 37:07

Rank in category: 2(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit I	-	7:34	-	2	2:16	28	3:02	-	7:34	-	2	2:16	28	3:02
Zwischenzeit I	-	29:26	-	2	7:55	28	10:54	-	37:00	-	2	10:11	28	13:43
Finish	-	23:43	-	2	6:25	28	9:59	8.00	1:00:43	-	2	16:36	28	23:36