



Detailed evaluation

Franziska Niebergall

Club: LLC Regensburg

Number: 89

Course: 8.00 km

8 km Lauf

Category:

Seniorinnen W40 (40-44) 8

Total time: 40:06

Speed: 11.97 km/h

Running performance: 5:00 min/km

Rank in course/Total: 29 (of 67)

Rank in course/Women: 8 (of 28)

Best time in course: 37:07

Rank in category: 1(of 2)

Best time in the category: 40:06

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	-	5:07	-	1	-	13	0:35	-	5:07	-	1	-	13	0:35
Zwischenzeit I	-	20:03	-	1	-	10	1:31	-	25:10	-	1	-	13	1:53
Finish	-	14:56	-	1	-	4	1:12	8.00	40:06	-	1	-	8	2:59