



Detailed evaluation

Birgit Münch

Club: LTV Erfurt
Number: 184

Course: 8.00 km
8 km Lauf

Category:
Seniorinnen W55 (55-59) 8

Total time: 43:03

Speed: 11.15 km/h
Running performance: 5:22 min/km

Rank in course/Total: 41 (of 67)
Rank in course/Women: 16 (of 28)
Best time in course: 37:07

Rank in category: 1(of 1)
Best time in the category: 43:03

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	-	21:19	-	1	-	15	2:47	-	26:26	-	1	-	15	3:09
Finish	-	16:37	-	1	-	16	2:53	8.00	43:03	-	1	-	16	5:56