



Detailed evaluation

Heike Becker

Club: run4fun
Number: 106

Course: 8.00 km
8 km Lauf

Category:
Seniorinnen W60 (60-64) 8

Total time: 40:07

Speed: 11.97 km/h
Running performance: 5:00 min/km

Rank in course/Total: 30 (of 67)

Rank in course/Women: 9 (of 28)

Best time in course: 37:07

Rank in category: 1(of 1)

Best time in the category: 40:07

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	-	4:50	-	1	-	10	0:18	-	4:50	-	1	-	10	0:18
Zwischenzeit I	-	19:58	-	1	-	8	1:26	-	24:48	-	1	-	9	1:31
Finish	-	15:19	-	1	-	9	1:35	8.00	40:07	-	1	-	9	3:00