



Detailed evaluation

Melanie Spohr

Club: Moorgrund RunningCrew

Number: 57

Course: 12.50 km

12,5 km - Lauf

Category:

Seniorinnen W40 (40-44)

Total time: 1:15:50

Speed: 9.49 km/h

Running performance: 6:03 min/km

Rank in course/Total: 38 (of 70)

Rank in course/Women: 7 (of 22)

Best time in course: 1:08:35

Rank in category: 2(of 7)

Best time in the category: 1:12:36

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 | 5.80 | 41:12 | 7:06 | 2 | 2:11 | 7 | 3:39 | 5.80 | 41:12 | 7:06 | 2 | 2:11 | 7 | 3:39 |
| Finish | 6.70 | 34:38 | 5:10 | 2 | 1:03 | 4 | 3:40 | 12.50 | 1:15:50 | 6:03 | 2 | 3:14 | 7 | 7:15 |