



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