



Detailed evaluation

Annett Dierkes

Club: MAP Family

Number: 14

Course: 12.50 km

12,5 km - Lauf

Category:

Seniorinnen W40 (40-44)

Total time: 1:33:34

Speed: 7.70 km/h

Running performance: 7:29 min/km

Rank in course/Total: 63 (of 70)

Rank in course/Women: 17 (of 22)

Best time in course: 1:08:35

Rank in category: 5(of 7)

Best time in the category: 1:12:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit	5.80	49:25	8:31	5	10:24	19	11:52	5.80	49:25	8:31	5	10:24	19	11:52
Finish	6.70	44:09	6:35	6	10:34	18	13:11	12.50	1:33:34	7:29	5	20:58	17	24:59