



### Detailed evaluation

**Stefanie Volk**

Club: Meininger Lauf Club

Number: 66

Course: 12.50 km

12,5 km - Lauf

Category:

Seniorinnen W45 (45-49)

Total time: 1:36:18

Speed: 7.48 km/h

Running performance: 7:42 min/km

Rank in course/Total: 65 (of 70)

Rank in course/Women: 19 (of 22)

Best time in course: 1:08:35

Rank in category: 3(of 4)

Best time in the category: 1:18:33

#### 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	49:19	8:30	3	7:45	17	11:46	5.80	49:19	8:30	3	7:45	17	11:46
Finish	6.70	46:59	7:00	3	10:00	19	16:01	12.50	1:36:18	7:42	3	17:45	19	27:43