



Detailed evaluation

ARLT, Nadine

Club: Drei Gleichen
Number: 8

Course: 9.50 km
SPRINT

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:49:49

Speed: 5.19 km/h
Running performance: 11:34 min/km

Rank in course/Total: 612 (of 673)

Rank in course/Women: 228 (of 262)

Best time in course: 59:03

Rank in category: 48(of 54)

Best time in the category: 59:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Mühlburg	8.69	1:31:30	10:31	50	41:57	232	41:57	8.69	1:31:30	10:31	50	41:57	232	41:57			
Sportplatz Mühlb	0.81	18:19	22:36	42	8:49	202	8:49	9.50	1:49:49	11:33	48	50:46	228	50:46			