



Detailed evaluation

PATERNOGA, Cindy

Club: Kölleda
Number: 458

Course: 9.50 km
SPRINT

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:35:19

Speed: 5.67 km/h
Running performance: 10:02 min/km

Rank in course/Total: 457 (of 673)

Rank in course/Women: 144 (of 262)

Best time in course: 59:03

Rank in category: 29(of 53)

Best time in the category: 1:05:01

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
Mühlburg	8.69	1:20:12	9:13	33	25:40	164	30:39	8.69	1:20:12	9:13	33	25:40	164	30:39
Sportplatz Mühlb	0.81	15:07	18:39	20	4:38	102	5:37	9.50	1:35:19	10:01	29	30:18	144	36:16