



## 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.	Pos Women	Behind Women	Total		Total		Total		Total	
								km	Time	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	