



Detailed evaluation

ABT, Nadine

Club: Walldorf
Number: 1000

Course: 16.78 km
EXPERT

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:38:42

Speed: 6.05 km/h
Running performance: 9:28 min/km

Rank in course/Total: 306 (of 416)

Rank in course/Women: 40 (of 75)

Best time in course: 1:47:42

Rank in category: 7(of 12)

Best time in the category: 1:51:08

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
Wachsenburg	7.40	1:06:11	8:56	7	20:45	56	21:00	7.40	1:06:11	8:56	7	20:45	56	21:00
Mühlburg	8.57	1:16:10	8:53	7	19:52	36	23:11	15.97	2:22:21	8:54	7	40:37	40	44:11
Sportplatz Mühlb	0.81	16:21	20:11	7	6:57	40	6:57	16.78	2:38:42	9:27	7	47:34	40	51:00