



bewegungswELT cross-country mountainbiking Arnstadt

MTB-Anlage Espenfeld bei Arnstadt / 25.06.2022

Detailed evaluation

Louis Nowak

Club: RSV Frankenberg

Number: 627

Course: 1.20 km/Lap

Rennen 3 (U13 m/w)

Category:

U13 männlich

Total time: 27:37

Speed: 8.69 km/h

Running performance: 5:45 min/km

Laps: 4 (4.8 km / 200 hm)

Rank in course/Men: 21 (of 24)

Rank in category: 21(of 24)

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.20	7:05	5:54	22	3:03	22	3:03	1.20	7:05	5:54	22	3:03	22	3:03
Lap 2	1.20	7:09	5:57	24	3:16	24	3:16	2.40	14:14	5:55	23	6:19	23	6:19
Lap 3	1.20	6:43	5:35	21	2:51	21	2:51	3.60	20:57	5:49	22	9:10	22	9:10
Lap 4	1.20	6:40	5:33	20	2:43	20	2:43	4.80	27:37	5:45	21	11:53	21	11:53