



## Detailed evaluation

**Carina Näder**

Club: WBG Zukunft  
Number: 38

Course: 4.50 km  
Jedermann

Category:  
Frauen (20-29 Jahre) J

Total time: 23:01

Speed: 10.43 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 55 (of 63)  
Rank in course/Women: 20 (of 26)  
Best time in course: 16:12

Rank in category: 4(of 5)  
Best time in the category: 17:20

### Intermediate times

### Stage score

### Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Zwischenzeit I | -           | 15:07         | -               | 4           | 3:05           | 20           | 4:01            | -             | 15:07         | -               | 4           | 3:05           | 20           | 4:01            |
| Finish         | -           | 7:54          | -               | 5           | 2:36           | 23           | 2:48            | 4.50          | 23:01         | -               | 4           | 5:41           | 20           | 6:49            |