



Detailed evaluation

Franziska Arndt

Number: 76

Course: 4.50 km
Jedermann

Category:
Seniorinnen W40 (40-44) J

Total time: 17:57

Speed: 13.37 km/h

Running performance: 3:59 min/km

Rank in course/Total: 25 (of 63)

Rank in course/Women: 7 (of 26)

Best time in course: 16:12

Rank in category: 1(of 2)

Best time in the category: 17:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit I	-	12:15	-	1	-	4	1:09	-	12:15	-	1	-	4	1:09
Finish	-	5:42	-	1	-	7	0:36	4.50	17:57	-	1	-	7	1:45