



### Detailed evaluation

Nico Arndt

Total time: 47:12

Number: 307

Speed: 11.44 km/h

Running performance: 5:06 min/km

Course: 9.25 km

Rank in course/Total: 41 (of 91)

9 km Lauf

Rank in course/Men: 33 (of 57)

Best time in course: 36:04

Category:

Rank in category: 6(of 6)

Senioren M45 (45-49)

Best time in the category: 38:42

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	8:17	-	4	1:55	32	2:16	-	8:17	-	4	1:55	32	2:16
Zwischenzeit I	-	20:57	-	6	3:29	31	4:41	-	29:14	-	6	5:12	31	6:57
Finish	9.25	17:58	-	6	3:18	32	5:12	9.25	47:12	5:06	6	8:30	33	11:08