



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

ZITZOW, Madlen

Club: Jena
Number: 728

Course: 9.50 km
SPRINT

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:08:35

Speed: 7.87 km/h
Running performance: 7:13 min/km

Rank in course/Total: 94 (of 673)

Rank in course/Women: 15 (of 262)

Best time in course: 59:03

Rank in category: 4(of 54)

Best time in the category: 59:03

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.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Mühlburg	8.69	56:45	6:31	4	7:12	13	7:12	8.69	56:45	6:31	4	7:12	13	7:12
Sportplatz Mühlb	0.81	11:50	14:36	7	2:20	27	2:20	9.50	1:08:35	7:13	4	9:32	15	9:32