



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

GROß, Lisa

Club: Jena

Number: 1104

Course: 16.78 km

EXPERT

Category:

Frauen (20-29 Jahre)

Total time: 2:11:46

Speed: 7.29 km/h

Running performance: 7:51 min/km

Rank in course/Total: 165 (of 416)

Rank in course/Women: 12 (of 75)

Best time in course: 1:47:42

Rank in category: 5(of 20)

Best time in the category: 1:47:42

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Wachsenburg	7.40	52:48	7:08	5	7:37	11	7:37	7.40	52:48	7:08	5	7:37	11	7:37
Mühlburg	8.57	1:04:41	7:32	5	11:42	13	11:42	15.97	1:57:29	7:21	5	19:19	11	19:19
Sportplatz Mühlb	0.81	14:17	17:38	6	4:45	27	4:53	16.78	2:11:46	7:51	5	24:04	12	24:04