



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

FLIEDNER, Heidi

Club: Erfurt
Number: 133

Course: 9.50 km
SPRINT

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:14:48

Speed: 7.22 km/h
Running performance: 7:52 min/km

Rank in course/Total: 162 (of 673)

Rank in course/Women: 31 (of 262)

Best time in course: 59:03

Rank in category: 3(of 53)

Best time in the category: 1:05:01

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
Mühlberg	8.69	1:03:30	7:18	3	8:58	34	13:57	8.69	1:03:30	7:18	3	8:58	34	13:57
Sportplatz Mühlb	0.81	11:18	13:57	3	0:49	22	1:48	9.50	1:14:48	7:52	3	9:47	31	15:45