



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

PLASCHKE, Susanne

Club: Erfurt
Number: 1287

Course: 16.78 km
EXPERT

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:14:15

Speed: 7.50 km/h
Running performance: 8:00 min/km

Rank in course/Total: 179 (of 416)

Rank in course/Women: 16 (of 75)

Best time in course: 1:47:42

Rank in category: 3(of 12)

Best time in the category: 1:51:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Wachsenburg	7.40	54:10	7:19	3	8:44	14	8:59	7.40	54:10	7:19	3	8:44	14	8:59
Mühlburg	8.57	1:07:19	7:51	3	11:01	20	14:20	15.97	2:01:29	7:36	3	19:45	16	23:19
Sportplatz Mühlb	0.81	12:46	15:45	2	3:22	15	3:22	16.78	2:14:15	8:00	3	23:07	16	26:33