



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

GEßNER, Heike

Club: Ilmenau
Number: 157

Course: 9.50 km
SPRINT

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:19:38

Speed: 6.78 km/h
Running performance: 8:23 min/km

Rank in course/Total: 241 (of 673)

Rank in course/Women: 52 (of 262)

Best time in course: 59:03

Rank in category: 11(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	1:08:42	7:54	11	19:09	59	19:09	8.69	1:08:42	7:54	11	19:09	59	19:09
Sportplatz Mühlb	0.81	10:56	13:29	6	1:26	18	1:26	9.50	1:19:38	8:22	11	20:35	52	20:35