



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

NIEMZ, Carmen

Club: BSG DG HYP
Number: 1269

Course: 16.78 km
EXPERT

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:21:07

Speed: 6.80 km/h
Running performance: 8:25 min/km

Rank in course/Total: 214 (of 416)

Rank in course/Women: 23 (of 75)

Best time in course: 1:47:42

Rank in category: 2(of 7)

Best time in the category: 2:07:21

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	57:56	7:49	2	5:19	22	12:45	7.40	57:56	7:49	2	5:19	22	12:45
Mühlburg	8.57	1:09:45	8:08	2	6:26	24	16:46	15.97	2:07:41	7:59	2	11:45	23	29:31
Sportplatz Mühlb	0.81	13:26	16:35	2	2:01	20	4:02	16.78	2:21:07	8:24	2	13:46	23	33:25