



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

ALMEROOTH, Sophie

Club: Emleben
Number: 4

Course: 9.50 km
SPRINT

Category:
Frauen (20-29 Jahre)

Total time: 1:30:44

Speed: 5.95 km/h
Running performance: 9:33 min/km

Rank in course/Total: 389 (of 673)

Rank in course/Women: 108 (of 262)

Best time in course: 59:03

Rank in category: 31(of 76)

Best time in the category: 1:01:03

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. | Women | Women | km | Time | min/km | Cat. | Cat. | Women | Women |
| Mühlburg | 8.69 | 1:14:00 | 8:30 | 27 | 22:54 | 98 | 24:27 | 8.69 | 1:14:00 | 8:30 | 27 | 22:54 | 98 | 24:27 |
| Sportplatz Mühlb | 0.81 | 16:44 | 20:39 | 40 | 6:59 | 149 | 7:14 | 9.50 | 1:30:44 | 9:33 | 31 | 29:41 | 108 | 31:41 |