



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

RACKOW, Elke

Club: Altenburg
Number: 486

Course: 9.50 km
SPRINT

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:34:32

Speed: 5.71 km/h
Running performance: 9:57 min/km

Rank in course/Total: 454 (of 673)

Rank in course/Women: 142 (of 262)

Best time in course: 59:03

Rank in category: 29(of 54)

Best time in the category: 59:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Mühlburg	8.69	1:18:48	9:04	32	29:15	150	29:15	8.69	1:18:48	9:04	32	29:15	150	29:15
Sportplatz Mühlb	0.81	15:44	19:25	23	6:14	125	6:14	9.50	1:34:32	9:57	29	35:29	142	35:29