



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

LANGE, Elfi

Club: Neustadt a.d. Orla
Number: 366

Course: 9.50 km
SPRINT

Category:
Frauen (20-29 Jahre)

Total time: 1:23:42

Speed: 6.45 km/h
Running performance: 8:49 min/km

Rank in course/Total: 306 (of 673)

Rank in course/Women: 70 (of 262)

Best time in course: 59:03

Rank in category: 18(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.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Mühlburg	8.69	1:10:56	8:09	21	19:50	79	21:23	8.69	1:10:56	8:09	21	19:50	79	21:23
Sportplatz Mühlb	0.81	12:46	15:45	14	3:01	46	3:16	9.50	1:23:42	8:48	18	22:39	70	24:39