



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

GAUL, Ramona

Club: Remstädt
Number: 152

Course: 9.50 km
SPRINT

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:36:24

Speed: 5.60 km/h
Running performance: 10:09 min/km

Rank in course/Total: 482 (of 673)

Rank in course/Women: 153 (of 262)

Best time in course: 59:03

Rank in category: 13(of 26)

Best time in the category: 1:00:03

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	1:18:34	9:02	13	28:15	148	29:01	8.69	1:18:34	9:02	13	28:15	148	29:01
Sportplatz Mühlb	0.81	17:50	22:00	21	8:06	180	8:20	9.50	1:36:24	10:08	13	36:21	153	37:21