



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

FRANK, Ramona

Club: Niederzimmern
Number: 139

Course: 9.50 km
SPRINT

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:38:56

Speed: 5.46 km/h
Running performance: 10:25 min/km

Rank in course/Total: 521 (of 673)

Rank in course/Women: 174 (of 262)

Best time in course: 59:03

Rank in category: 17(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	1:21:47	9:24	15	31:28	171	32:14	8.69	1:21:47	9:24	15	31:28	171	32:14
Sportplatz Mühlb	0.81	17:09	21:10	16	7:25	162	7:39	9.50	1:38:56	10:24	17	38:53	174	39:53