



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

LESSER, Steffen

Club: Brotterode  
Number: 1219

Course: 16.78 km  
EXPERT

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:57:31

Speed: 8.57 km/h  
Running performance: 7:00 min/km

Rank in course/Total: 72 (of 416)

Rank in course/Men: 67 (of 341)

Best time in course: 1:17:13

Rank in category: 13(of 40)

Best time in the category: 1:27:30

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Wachsenburg	7.40	50:49	6:52	15	14:26	99	18:32	7.40	50:49	6:52	15	14:26	99	18:32
Mühlburg	8.57	56:41	6:36	12	13:33	60	18:57	15.97	1:47:30	6:43	13	27:59	68	37:27
Sportplatz Mühlb	0.81	10:01	12:21	8	2:02	56	2:51	16.78	1:57:31	7:00	13	30:01	69	40:18