



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: 8.17 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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