



LEGEND OF CROSS  
Mühlberg / 05.11.2017

### Detailed evaluation

**SAHR, Stefan**

Club: Neustadt  
Number: 521

Course: 9.50 km  
SPRINT

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:00:05

Speed: 9.49 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 29 (of 673)

Rank in course/Men: 27 (of 411)

Best time in course: 43:20

Rank in category: 2(of 38)

Best time in the category: 59:30

#### 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
Mühlburg	8.69	50:16	5:47	2	0:04	25	13:07	8.69	50:16	5:47	2	0:04	25	13:07
Sportplatz Mühlb	0.81	9:49	12:07	2	0:31	39	3:38	9.50	1:00:05	6:19	2	0:35	27	16:45