



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

ZANDER, Frank

Club: Erfurt  
Number: 1430

Course: 16.78 km  
EXPERT

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:49:47

Speed: 5.65 km/h  
Running performance: 10:07 min/km

Rank in course/Total: 359 (of 416)

Rank in course/Men: 298 (of 341)

Best time in course: 1:17:13

Rank in category: 7(of 7)

Best time in the category: 2:00:29

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	1:01:43	8:20	7	12:24	269	29:26	7.40	1:01:43	8:20	7	12:24	269	29:26
Mühlburg	8.57	1:26:28	10:05	7	26:16	302	48:44	15.97	2:28:11	9:16	7	38:29	289	1:18:08
Sportplatz Mühlb	0.81	21:36	26:40	7	10:49	324	14:26	16.78	2:49:47	10:07	7	49:18	302	1:32:34