



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

HEERING, Alexander

Club: Apfelstädt
Number: 2092

Course: 26.71 km
BERSERKER

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:02:23

Speed: 8.79 km/h
Running performance: 6:50 min/km

Rank in course/Total: 36 (of 205)

Rank in course/Men: 34 (of 189)

Best time in course: 2:16:04

Rank in category: 9(of 45)

Best time in the category: 2:16:04

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	46:48	6:19	9	9:54	37	11:22	7.40	46:48	6:19	9	9:54	37	11:22
Burg Gleichen	8.53	53:40	6:17	6	9:37	22	11:07	15.93	1:40:28	6:18	7	19:18	23	22:29
Mühlberg	9.97	1:06:55	6:42	9	20:26	41	20:26	25.90	2:47:23	6:27	9	39:44	36	56:25
Sportplatz Mühlb	0.81	15:00	18:31	21	7:11	88	7:11	26.71	3:02:23	6:49	10	46:19	42	59:08