



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

RÖDIGER, Frank

Club: Erfurt  
Number: 511

Course: 9.50 km  
SPRINT

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:02:06

Speed: 8.70 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 39 (of 673)

Rank in course/Men: 35 (of 411)

Best time in course: 43:20

Rank in category: 8(of 86)

Best time in the category: 56:39

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
Mühlberg	8.69	52:44	6:04	8	5:53	39	15:35	8.69	52:44	6:04	8	5:53	39	15:35
Sportplatz Mühlb	0.81	9:22	11:33	3	0:38	26	3:11	9.50	1:02:06	6:32	8	5:27	35	18:46