



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

LUKES, Denny

Club: Neustadt a.d. Orla
Number: 2150

Course: 26.71 km
BERSERKER

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:59:43

Speed: 8.68 km/h
Running performance: 6:44 min/km

Rank in course/Total: 28 (of 205)

Rank in course/Men: 26 (of 189)

Best time in course: 2:16:04

Rank in category: 7(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	44:44	6:02	5	7:50	20	9:18	7.40	44:44	6:02	5	7:50	20	9:18
Burg Gleichen	8.53	54:48	6:25	7	10:45	24	12:15	15.93	1:39:32	6:14	6	18:22	22	21:33
Mühlberg	9.97	1:07:07	6:43	10	20:38	42	20:38	25.90	2:46:39	6:26	8	39:00	34	55:41
Sportplatz Mühlb	0.81	13:04	16:07	9	5:15	50	5:15	26.71	2:59:43	6:43	8	43:39	34	56:28