



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

GÜNSCH, Lars

Club: Arnstadt  
Number: 2078

Course: 26.71 km  
BERSERKER

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:06:11

Speed: 8.38 km/h  
Running performance: 6:58 min/km

Rank in course/Total: 40 (of 205)

Rank in course/Men: 37 (of 189)

Best time in course: 2:16:04

Rank in category: 5(of 19)

Best time in the category: 2:45:51

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	50:09	6:46	11	4:43	68	14:43	7.40	50:09	6:46	11	4:43	68	14:43
Burg Gleichen	8.53	57:38	6:45	6	11:27	46	15:05	15.93	1:47:47	6:45	8	16:10	52	29:48
Mühlberg	9.97	1:04:49	6:30	5	4:12	28	18:20	25.90	2:52:36	6:39	6	1:01:38	46	1:01:38
Sportplatz Mühlb	0.81	13:35	16:46	9	4:43	61	5:46	26.71	3:06:11	6:58	6	1:02:56	45	1:02:56