



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

SEIDEL, Stephan

Club: Gera
Number: 1375

Course: 16.78 km
EXPERT

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:02:18

Speed: 5.52 km/h
Running performance: 10:52 min/km

Rank in course/Total: 381 (of 416)

Rank in course/Men: 314 (of 341)

Best time in course: 1:17:13

Rank in category: 18(of 18)

Best time in the category: 1:42:38

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	1:09:57	9:27	17	26:00	328	37:40	7.40	1:09:57	9:27	17	26:00	328	37:40
Mühlburg	8.57	1:30:32	10:33	18	41:05	311	52:48	15.97	2:40:29	10:02	18	1:06:38	316	1:30:26
Sportplatz Mühlb	0.81	21:49	26:56	18	13:02	325	14:39	16.78	3:02:18	10:51	18	1:19:40	318	1:45:05