



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

QUITTENBAUM, Michael

Club: Erfurt  
Number: 1295

Course: 16.78 km  
EXPERT

Category:  
Senioren M35 (35-39 Jahre)

Total time: 3:05:08

Speed: 5.19 km/h  
Running performance: 11:02 min/km

Rank in course/Total: 397 (of 416)

Rank in course/Men: 325 (of 341)

Best time in course: 1:17:13

Rank in category: 71(of 75)

Best time in the category: 1:31:22

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	1:07:48	9:09	70	30:27	315	35:31	7.40	1:07:48	9:09	70	30:27	315	35:31
Mühlburg	8.57	1:33:28	10:54	71	47:24	322	55:44	15.97	2:41:16	10:05	71	1:17:51	322	1:31:13
Sportplatz Mühlb	0.81	23:52	29:27	73	15:55	335	16:42	16.78	3:05:08	11:01	71	1:33:46	329	1:47:55