



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

HERRMANN, Uwe

Club: Leinefelde-Worbis
Number: 1126

Course: 16.78 km
EXPERT

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:00:17

Speed: 7.98 km/h
Running performance: 7:10 min/km

Rank in course/Total: 86 (of 416)

Rank in course/Men: 81 (of 341)

Best time in course: 1:17:13

Rank in category: 5(of 35)

Best time in the category: 1:49:11

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	48:36	6:34	5	3:21	68	16:19	7.40	48:36	6:34	5	3:21	68	16:19
Mühlburg	8.57	1:02:01	7:14	12	8:01	118	24:17	15.97	1:50:37	6:55	5	11:22	89	40:34
Sportplatz Mühlb	0.81	9:40	11:56	1	-	37	2:30	16.78	2:00:17	7:10	5	11:06	83	43:04