



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

DENIS, Geserick

Club: Gera
Number: 2042

Course: 26.71 km
BERSERKER

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:17:35

Speed: 8.11 km/h
Running performance: 7:24 min/km

Rank in course/Total: 58 (of 205)

Rank in course/Men: 55 (of 189)

Best time in course: 2:16:04

Rank in category: 9(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	49:53	6:44	10	4:27	64	14:27	7.40	49:53	6:44	10	4:27	64	14:27
Burg Gleichen	8.53	1:00:18	7:04	12	14:07	67	17:45	15.93	1:50:11	6:55	12	18:34	63	32:12
Mühlburg	9.97	1:11:01	7:07	10	10:24	59	24:32	25.90	3:01:12	6:59	10	1:10:14	63	1:10:14
Sportplatz Mühlb	0.81	16:23	20:13	17	7:31	111	8:34	26.71	3:17:35	7:23	10	1:14:20	64	1:14:20