



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

BORNHAGE, Mark

Club: Ttendelburg
Number: 2028

Course: 26.71 km
BERSERKER

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:18:20

Speed: 8.08 km/h
Running performance: 7:26 min/km

Rank in course/Total: 62 (of 205)

Rank in course/Men: 59 (of 189)

Best time in course: 2:16:04

Rank in category: 11(of 25)

Best time in the category: 2:29:38

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Wachsenburg	7.40	51:50	7:00	12	15:03	84	16:24	7.40	51:50	7:00	12	15:03	84	16:24
Burg Gleichen	8.53	1:00:48	7:07	11	16:53	73	18:15	15.93	1:52:38	7:04	11	31:56	74	34:39
Mühlburg	9.97	1:12:59	7:19	13	16:58	62	26:30	25.90	3:05:37	7:10	14	1:11:58	71	1:14:39
Sportplatz Mühlb	0.81	12:43	15:41	11	3:21	41	4:54	26.71	3:18:20	7:25	14	1:13:00	68	1:15:05