



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

GASCH, Christian

Club: free-OCR-runners
Number: 2068

Course: 26.71 km
BERSERKER

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:17:48

Speed: 7.89 km/h
Running performance: 7:25 min/km

Rank in course/Total: 59 (of 205)

Rank in course/Men: 56 (of 189)

Best time in course: 2:16:04

Rank in category: 14(of 45)

Best time in the category: 2:16:04

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	50:07	6:46	19	13:13	67	14:41	7.40	50:07	6:46	19	13:13	67	14:41
Burg Gleichen	8.53	59:04	6:55	16	15:01	57	16:31	15.93	1:49:11	6:51	16	28:01	60	31:12
Mühlburg	9.97	1:15:34	7:34	16	29:05	70	29:05	25.90	3:04:45	7:07	18	57:06	70	1:13:47
Sportplatz Mühlb	0.81	13:03	16:06	8	5:14	49	5:14	26.71	3:17:48	7:24	16	1:01:44	65	1:14:33