



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

KäSTNER, Nils

Club: Bad Blankenburg
Number: 2119

Course: 26.71 km
BERSERKER

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:18:56

Speed: 8.06 km/h
Running performance: 7:27 min/km

Rank in course/Total: 65 (of 205)

Rank in course/Men: 62 (of 189)

Best time in course: 2:16:04

Rank in category: 17(of 45)

Best time in the category: 2:16:04

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	47:26	6:24	10	10:32	42	12:00	7.40	47:26	6:24	10	10:32	42	12:00
Burg Gleichen	8.53	1:00:06	7:02	17	16:03	65	17:33	15.93	1:47:32	6:45	14	26:22	50	29:33
Mühlberg	9.97	1:15:46	7:35	17	29:17	73	29:17	25.90	3:03:18	7:04	15	55:39	65	1:12:20
Sportplatz Mühlb	0.81	15:38	19:18	25	7:49	103	7:49	26.71	3:18:56	7:26	20	1:02:52	72	1:15:41