



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

HERRMANN, Holger

Club: Georgenthal
Number: 2099

Course: 26.71 km
BERSERKER

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:27:16

Speed: 7.53 km/h
Running performance: 7:46 min/km

Rank in course/Total: 84 (of 205)

Rank in course/Men: 81 (of 189)

Best time in course: 2:16:04

Rank in category: 4(of 8)

Best time in the category: 3:02:23

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	49:56	6:44	2	3:56	65	14:30	7.40	49:56	6:44	2	3:56	65	14:30
Burg Gleichen	8.53	1:00:19	7:04	2	5:48	68	17:46	15.93	1:50:15	6:55	2	9:44	64	32:16
Mühlburg	9.97	1:22:29	8:16	5	15:45	112	36:00	25.90	3:12:44	7:26	4	25:29	90	1:21:46
Sportplatz Mühlb	0.81	14:32	17:56	2	1:44	79	6:43	26.71	3:27:16	7:45	4	24:53	91	1:24:01