



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

JäCKEL, Frank

Club: Gera

Number: 2113

Course: 26.71 km

BERSERKER

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:22:08

Speed: 7.93 km/h

Running performance: 7:34 min/km

Rank in course/Total: 76 (of 205)

Rank in course/Men: 73 (of 189)

Best time in course: 2:16:04

Rank in category: 12(of 25)

Best time in the category: 2:29:38

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	51:16	6:55	11	14:29	77	15:50	7.40	51:16	6:55	11	14:29	77	15:50
Burg Gleichen	8.53	1:02:37	7:20	12	18:42	82	20:04	15.93	1:53:53	7:08	12	33:11	77	35:54
Mühlburg	9.97	1:15:01	7:31	14	19:00	67	28:32	25.90	3:08:54	7:17	15	1:15:15	81	1:17:56
Sportplatz Mühlb	0.81	13:14	16:20	13	3:52	53	5:25	26.71	3:22:08	7:34	15	1:16:48	83	1:18:53