



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

BECHMANN, Rico

Club: Langenhain
Number: 2015

Course: 26.71 km
BERSERKER

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:36:19

Speed: 7.41 km/h
Running performance: 8:06 min/km

Rank in course/Total: 103 (of 205)

Rank in course/Men: 98 (of 189)

Best time in course: 2:16:04

Rank in category: 25(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	54:18	7:20	30	17:24	110	18:52	7.40	54:18	7:20	30	17:24	110	18:52
Burg Gleichen	8.53	1:07:20	7:53	33	23:17	128	24:47	15.93	2:01:38	7:38	31	40:28	114	43:39
Mühlburg	9.97	1:17:52	7:48	22	31:23	87	31:23	25.90	3:19:30	7:42	26	1:11:51	107	1:28:32
Sportplatz Mühlb	0.81	16:49	20:45	32	9:00	122	9:00	26.71	3:36:19	8:05	28	1:20:15	108	1:33:04