



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

ADAMS, Ralph

Club: Erfurt
Number: 2002

Course: 26.71 km
BERSERKER

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:46:29

Speed: 7.08 km/h
Running performance: 8:29 min/km

Rank in course/Total: 135 (of 205)

Rank in course/Men: 126 (of 189)

Best time in course: 2:16:04

Rank in category: 7(of 8)

Best time in the category: 3:02:23

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	54:07	7:18	4	8:07	103	18:41	7.40	54:07	7:18	4	8:07	103	18:41
Burg Gleichen	8.53	1:04:41	7:34	5	10:10	100	22:08	15.93	1:58:48	7:27	5	18:17	101	40:49
Mühlberg	9.97	1:29:08	8:56	7	22:24	151	42:39	25.90	3:27:56	8:01	7	40:41	130	1:36:58
Sportplatz Mühlb	0.81	18:33	22:54	7	5:45	153	10:44	26.71	3:46:29	8:28	7	44:06	136	1:43:14