



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

NICOLAI, Markus

Club: Wipfratal
Number: 2165

Course: 26.71 km
BERSERKER

Category:
Männer (20-29 Jahre)

Total time: 3:44:44

Speed: 7.13 km/h
Running performance: 8:25 min/km

Rank in course/Total: 130 (of 205)

Rank in course/Men: 121 (of 189)

Best time in course: 2:16:04

Rank in category: 25(of 46)

Best time in the category: 2:21:26

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	56:54	7:41	35	19:13	144	21:28	7.40	56:54	7:41	35	19:13	144	21:28
Burg Gleichen	8.53	1:07:18	7:53	29	23:03	127	24:45	15.93	2:04:12	7:47	32	42:16	135	46:13
Mühlberg	9.97	1:22:47	8:18	21	31:40	115	36:18	25.90	3:26:59	7:59	26	1:22:36	128	1:36:01
Sportplatz Mühlb	0.81	17:45	21:54	30	9:22	142	9:56	26.71	3:44:44	8:24	27	1:29:21	131	1:41:29