



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

**ENDERS, René**

Club: feel-forever.de  
Number: 109

Course: 9.50 km  
SPRINT

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:03:17

Speed: 8.53 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 50 (of 673)

Rank in course/Men: 43 (of 411)

Best time in course: 43:20

Rank in category: 11(of 89)

Best time in the category: 49:40

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
Mühlburg	8.69	53:26	6:08	12	11:41	45	16:17	8.69	53:26	6:08	12	11:41	45	16:17
Sportplatz Mühlb	0.81	9:51	12:09	10	1:59	42	3:40	9.50	1:03:17	6:39	11	13:37	43	19:57