



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

LÖSER, Raik

Club: Leinefelde-Worbis
Number: 1225

Course: 16.78 km
EXPERT

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:41:45

Speed: 9.43 km/h
Running performance: 6:04 min/km

Rank in course/Total: 12 (of 416)

Rank in course/Men: 11 (of 341)

Best time in course: 1:17:13

Rank in category: 3(of 40)

Best time in the category: 1:27:30

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	42:34	5:45	3	6:11	10	10:17	7.40	42:34	5:45	3	6:11	10	10:17
Mühlburg	8.57	50:15	5:51	2	7:07	13	12:31	15.97	1:32:49	5:48	3	13:18	11	22:46
Sportplatz Mühlb	0.81	8:56	11:01	3	0:57	16	1:46	16.78	1:41:45	6:03	3	14:15	11	24:32