



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

MARTIN, Kai

Club: erfurt
Number: 1235

Course: 16.78 km
EXPERT

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:43:02

Speed: 9.77 km/h
Running performance: 6:08 min/km

Rank in course/Total: 15 (of 416)

Rank in course/Men: 15 (of 341)

Best time in course: 1:17:13

Rank in category: 4(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	43:16	5:50	4	6:53	13	10:59	7.40	43:16	5:50	4	6:53	13	10:59
Mühlburg	8.57	50:51	5:56	4	7:43	16	13:07	15.97	1:34:07	5:53	4	14:36	15	24:04
Sportplatz Mühlb	0.81	8:55	11:00	2	0:56	15	1:45	16.78	1:43:02	6:08	4	15:32	15	25:49