



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

Lenk, Matthias

Club: Laufwerk Sömmerda
Number: 1165

Course: 16.78 km
EXPERT

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:03:20

Speed: 7.78 km/h
Running performance: 7:21 min/km

Rank in course/Total: 102 (of 416)

Rank in course/Men: 96 (of 341)

Best time in course: 1:17:13

Rank in category: 7(of 35)

Best time in the category: 1:49:11

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	50:31	6:49	7	5:16	91	18:14	7.40	50:31	6:49	7	5:16	91	18:14
Mühlburg	8.57	1:00:37	7:04	9	6:37	95	22:53	15.97	1:51:08	6:57	8	11:53	94	41:05
Sportplatz Mühlb	0.81	12:12	15:03	14	2:32	134	5:02	16.78	2:03:20	7:21	7	14:09	98	46:07