



LEGEND OF CROSS  
Mühlberg / 05.11.2017

### Detailed evaluation

**HENGST, Hendrik**

Club: Weimar  
Number: 1118

Course: 16.78 km  
EXPERT

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:04:18

Speed: 8.10 km/h  
Running performance: 7:25 min/km

Rank in course/Total: 113 (of 416)

Rank in course/Men: 105 (of 341)

Best time in course: 1:17:13

Rank in category: 10(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	53:34	7:14	14	8:19	138	21:17	7.40	53:34	7:14	14	8:19	138	21:17
Mühlburg	8.57	59:40	6:57	7	5:40	84	21:56	15.97	1:53:14	7:05	11	13:59	110	43:11
Sportplatz Mühlb	0.81	11:04	13:39	7	1:24	94	3:54	16.78	2:04:18	7:24	10	15:07	107	47:05