



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

HEIDL, Markus

Club: StiftungWadentest/Fitness-Mama.de
Number: 1112

Course: 16.78 km
EXPERT

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:05:38

Speed: 7.64 km/h
Running performance: 7:29 min/km

Rank in course/Total: 122 (of 416)

Rank in course/Men: 114 (of 341)

Best time in course: 1:17:13

Rank in category: 28(of 75)

Best time in the category: 1:31:22

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	54:15	7:19	37	16:54	147	21:58	7.40	54:15	7:19	37	16:54	147	21:58
Mühlburg	8.57	1:00:02	7:00	24	13:58	86	22:18	15.97	1:54:17	7:09	29	30:52	116	44:14
Sportplatz Mühlb	0.81	11:21	14:00	23	3:24	100	4:11	16.78	2:05:38	7:29	28	34:16	116	48:25