



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

ECK, Sebastian

Club: Erfurt
Number: 1056

Course: 16.78 km
EXPERT

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:05:29

Speed: 8.02 km/h
Running performance: 7:29 min/km

Rank in course/Total: 120 (of 416)

Rank in course/Men: 112 (of 341)

Best time in course: 1:17:13

Rank in category: 27(of 75)

Best time in the category: 1:17:18

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	49:15	6:39	16	16:58	73	16:58	7.40	49:15	6:39	16	16:58	73	16:58
Mühlburg	8.57	1:03:39	7:25	34	25:51	144	25:55	15.97	1:52:54	7:04	27	42:49	106	42:51
Sportplatz Mühlb	0.81	12:35	15:32	34	5:22	148	5:25	16.78	2:05:29	7:28	27	48:11	114	48:16