



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

HEINECK, Chris

Club: Apolda
Number: 221

Course: 9.50 km
SPRINT

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:08:17

Speed: 7.91 km/h
Running performance: 7:11 min/km

Rank in course/Total: 91 (of 673)

Rank in course/Men: 78 (of 411)

Best time in course: 43:20

Rank in category: 19(of 89)

Best time in the category: 49:40

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
Mühlburg	8.69	57:21	6:35	19	15:36	76	20:12	8.69	57:21	6:35	19	15:36	76	20:12
Sportplatz Mühlb	0.81	10:56	13:29	21	3:04	90	4:45	9.50	1:08:17	7:11	19	18:37	78	24:57