



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 |