



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

KRIEGHOFF, Marcel

Club: Bad Langensalza
Number: 1206

Course: 16.78 km
EXPERT

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:17:18

Speed: 12.42 km/h
Running performance: 4:37 min/km

Rank in course/Total: 2 (of 416)

Rank in course/Men: 2 (of 341)

Best time in course: 1:17:13

Rank in category: 1(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	32:17	4:21	1	-	1	-	7.40	32:17	4:21	1	-	1	-
Mühlburg	8.57	37:48	4:24	1	-	2	0:04	15.97	1:10:05	4:23	1	-	2	0:02
Sportplatz Mühlb	0.81	7:13	8:54	1	-	2	0:03	16.78	1:17:18	4:36	1	-	2	0:05