



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

LÜPKE, Mirko

Club: Magdala
Number: 394

Course: 9.50 km
SPRINT

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:07:58

Speed: 7.95 km/h
Running performance: 7:09 min/km

Rank in course/Total: 87 (of 673)

Rank in course/Men: 74 (of 411)

Best time in course: 43:20

Rank in category: 9(of 54)

Best time in the category: 52:18

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
Mühlburg	8.69	57:51	6:39	9	13:29	78	20:42	8.69	57:51	6:39	9	13:29	78	20:42
Sportplatz Mühlb	0.81	10:07	12:29	6	2:11	52	3:56	9.50	1:07:58	7:09	9	15:40	74	24:38