



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

ICKRATH, Sebastian

Club: Urbach
Number: 1144

Course: 9.50 km
SPRINT

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:09:27

Speed: 7.78 km/h
Running performance: 7:19 min/km

Rank in course/Total: 107 (of 673)

Rank in course/Men: 86 (of 411)

Best time in course: 43:20

Rank in category: 19(of 86)

Best time in the category: 56:39

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	59:11	6:48	19	12:20	92	22:02	8.69	59:11	6:48	19	12:20	92	22:02
Sportplatz Mühlb	0.81	10:16	12:40	12	1:32	58	4:05	9.50	1:09:27	7:18	19	12:48	86	26:07