



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

HOLTZ, Stefan

Club: Erfurt
Number: 1140

Course: 16.78 km
EXPERT

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:44:52

Speed: 9.15 km/h
Running performance: 6:15 min/km

Rank in course/Total: 18 (of 416)

Rank in course/Men: 18 (of 341)

Best time in course: 1:17:13

Rank in category: 4(of 75)

Best time in the category: 1:31:22

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	44:37	6:01	7	7:16	25	12:20	7.40	44:37	6:01	7	7:16	25	12:20
Mühlburg	8.57	51:09	5:58	4	5:05	19	13:25	15.97	1:35:46	5:59	5	12:21	19	25:43
Sportplatz Mühlb	0.81	9:06	11:14	4	1:09	21	1:56	16.78	1:44:52	6:14	4	13:30	18	27:39