



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

OSTHOF, Mathias

Club: feel-forever.de
Number: 453

Course: 9.50 km
SPRINT

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:08:29

Speed: 7.89 km/h
Running performance: 7:13 min/km

Rank in course/Total: 93 (of 673)

Rank in course/Men: 79 (of 411)

Best time in course: 43:20

Rank in category: 20(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	57:34	6:37	20	15:49	77	20:25	8.69	57:34	6:37	20	15:49	77	20:25
Sportplatz Mühlb	0.81	10:55	13:28	20	3:03	88	4:44	9.50	1:08:29	7:12	20	18:49	79	25:09