



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

Krause, Christian

Club: Hamburg
Number: 1445

Course: 16.78 km
EXPERT

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:45:15

Speed: 9.12 km/h
Running performance: 6:16 min/km

Rank in course/Total: 21 (of 416)

Rank in course/Men: 21 (of 341)

Best time in course: 1:17:13

Rank in category: 4(of 75)

Best time in the category: 1:17:18

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Wachsenburg	7.40	44:23	5:59	5	12:06	20	12:06	7.40	44:23	5:59	5	12:06	20	12:06
Mühlberg	8.57	51:29	6:00	5	13:41	20	13:45	15.97	1:35:52	6:00	4	25:47	20	25:49
Sportplatz Mühlb	0.81	9:23	11:35	6	2:10	29	2:13	16.78	1:45:15	6:16	4	27:57	21	28:02