



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

RÖDER, Stefan

Club: Arnstadt
Number: 1322

Course: 16.78 km
EXPERT

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:45:21

Speed: 9.56 km/h
Running performance: 6:17 min/km

Rank in course/Total: 23 (of 416)

Rank in course/Men: 23 (of 341)

Best time in course: 1:17:13

Rank in category: 6(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	42:54	5:47	3	5:33	11	10:37	7.40	42:54	5:47	3	5:33	11	10:37
Mühlburg	8.57	53:03	6:11	7	6:59	30	15:19	15.97	1:35:57	6:00	6	12:32	22	25:54
Sportplatz Mühlb	0.81	9:24	11:36	7	1:27	30	2:14	16.78	1:45:21	6:16	6	13:59	23	28:08