



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

RÜCKEBEIL, Clemens

Club: StiftungWadentest/Fitness-Mama.de  
Number: 1328

Course: 16.78 km  
EXPERT

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:09:08

Speed: 7.43 km/h  
Running performance: 7:42 min/km

Rank in course/Total: 148 (of 416)

Rank in course/Men: 138 (of 341)

Best time in course: 1:17:13

Rank in category: 36(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	54:19	7:20	38	16:58	149	22:02	7.40	54:19	7:20	38	16:58	149	22:02
Mühlburg	8.57	1:02:46	7:19	31	16:42	125	25:02	15.97	1:57:05	7:19	36	33:40	137	47:02
Sportplatz Mühlb	0.81	12:03	14:52	33	4:06	126	4:53	16.78	2:09:08	7:41	36	37:46	141	51:55