



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

APEL, Lars

Club: MCC

Number: 6

Course: 9.50 km

SPRINT

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:11:38

Speed: 7.54 km/h

Running performance: 7:32 min/km

Rank in course/Total: 127 (of 673)

Rank in course/Men: 101 (of 411)

Best time in course: 43:20

Rank in category: 8(of 38)

Best time in the category: 59:30

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	1:00:17	6:56	10	10:05	107	23:08	8.69	1:00:17	6:56	10	10:05	107	23:08
Sportplatz Mühlb	0.81	11:21	14:00	8	2:03	103	5:10	9.50	1:11:38	7:32	8	12:08	101	28:18