



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

RÜCKEBEIL, Andy

Club: StiftungWadentest/Fitness-Mama.de
Number: 1329

Course: 16.78 km
EXPERT

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:09:08

Speed: 7.80 km/h
Running performance: 7:42 min/km

Rank in course/Total: 149 (of 416)

Rank in course/Men: 138 (of 341)

Best time in course: 1:17:13

Rank in category: 20(of 40)

Best time in the category: 1:27:30

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
Wachsenburg	7.40	54:16	7:19	21	17:53	148	21:59	7.40	54:16	7:19	21	17:53	148	21:59
Mühlburg	8.57	1:02:46	7:19	18	19:38	125	25:02	15.97	1:57:02	7:19	20	37:31	136	46:59
Sportplatz Mühlb	0.81	12:06	14:56	16	4:07	129	4:56	16.78	2:09:08	7:41	20	41:38	141	51:55