



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

LISCHEWSKI, Marc

Club: Erfurt
Number: 382

Course: 9.50 km
SPRINT

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:11:53

Speed: 7.51 km/h
Running performance: 7:34 min/km

Rank in course/Total: 131 (of 673)

Rank in course/Men: 107 (of 411)

Best time in course: 43:20

Rank in category: 26(of 89)

Best time in the category: 49:40

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
Mühlberg	8.69	1:00:00	6:54	25	18:15	98	22:51	8.69	1:00:00	6:54	25	18:15	98	22:51
Sportplatz Mühlb	0.81	11:53	14:40	30	4:01	137	5:42	9.50	1:11:53	7:34	26	22:13	107	28:33