



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

ARNDT, Johannes

Club: Jena
Number: 1004

Course: 16.78 km
EXPERT

Category:
Männer (20-29 Jahre)

Total time: 2:10:11

Speed: 7.73 km/h
Running performance: 7:46 min/km

Rank in course/Total: 156 (of 416)

Rank in course/Men: 145 (of 341)

Best time in course: 1:17:13

Rank in category: 25(of 81)

Best time in the category: 1:17:13

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	57:37	7:47	38	25:18	205	25:20	7.40	57:37	7:47	38	25:18	205	25:20
Mühlburg	8.57	1:01:48	7:12	21	24:04	116	24:04	15.97	1:59:25	7:28	27	49:22	153	49:22
Sportplatz Mühlb	0.81	10:46	13:17	17	3:36	82	3:36	16.78	2:10:11	7:45	28	52:58	148	52:58