



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

KOSCHNAK, Andreas

Club: Weimar
Number: 1198

Course: 16.78 km
EXPERT

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:09:03

Speed: 7.44 km/h
Running performance: 7:41 min/km

Rank in course/Total: 145 (of 416)

Rank in course/Men: 134 (of 341)

Best time in course: 1:17:13

Rank in category: 19(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	52:54	7:08	18	16:31	124	20:37	7.40	52:54	7:08	18	16:31	124	20:37
Mühlburg	8.57	1:03:11	7:22	20	20:03	136	25:27	15.97	1:56:05	7:16	19	36:34	129	46:02
Sportplatz Mühlb	0.81	12:58	16:00	22	4:59	165	5:48	16.78	2:09:03	7:41	19	41:33	137	51:50