



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

SEYRING, Steffen

Club: MCC

Number: 603

Course: 9.50 km

SPRINT

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:11:38

Speed: 7.54 km/h

Running performance: 7:32 min/km

Rank in course/Total: 128 (of 673)

Rank in course/Men: 101 (of 411)

Best time in course: 43:20

Rank in category: 15(of 54)

Best time in the category: 52:18

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	1:00:15	6:55	15	15:53	105	23:06	8.69	1:00:15	6:55	15	15:53	105	23:06
Sportplatz Mühlb	0.81	11:23	14:03	15	3:27	105	5:12	9.50	1:11:38	7:32	15	19:20	101	28:18