



LEGEND OF CROSS  
Mühlberg / 05.11.2017

### Detailed evaluation

**RABE, Thomas**

Club: Saalfeld  
Number: 1299

Course: 16.78 km  
EXPERT

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:10:04

Speed: 7.38 km/h  
Running performance: 7:45 min/km

Rank in course/Total: 155 (of 416)

Rank in course/Men: 144 (of 341)

Best time in course: 1:17:13

Rank in category: 15(of 35)

Best time in the category: 1:49:11

### 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	54:40	7:23	19	9:25	154	22:23	7.40	54:40	7:23	19	9:25	154	22:23
Mühlburg	8.57	1:03:10	7:22	15	9:10	135	25:26	15.97	1:57:50	7:22	15	18:35	143	47:47
Sportplatz Mühlb	0.81	12:14	15:06	15	2:34	136	5:04	16.78	2:10:04	7:45	15	20:53	147	52:51