



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

ZAPKE, Stephan

Club: Weimar  
Number: 718

Course: 9.50 km  
SPRINT

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:13:13

Speed: 7.38 km/h  
Running performance: 7:43 min/km

Rank in course/Total: 145 (of 673)

Rank in course/Men: 117 (of 411)

Best time in course: 43:20

Rank in category: 28(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
Mühlburg	8.69	1:02:25	7:10	28	20:40	127	25:16	8.69	1:02:25	7:10	28	20:40	127	25:16
Sportplatz Mühlb	0.81	10:48	13:20	19	2:56	82	4:37	9.50	1:13:13	7:42	28	23:33	117	29:53