



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

KOCH, Dominik

Club: Eisenach
Number: 1188

Course: 16.78 km
EXPERT

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:27:30

Speed: 10.97 km/h
Running performance: 5:13 min/km

Rank in course/Total: 3 (of 416)

Rank in course/Men: 3 (of 341)

Best time in course: 1:17:13

Rank in category: 1(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 | 36:23 | 4:54 | 1 | - | 3 | 4:06 | 7.40 | 36:23 | 4:54 | 1 | - | 3 | 4:06 |
| Mühlburg | 8.57 | 43:08 | 5:01 | 1 | - | 3 | 5:24 | 15.97 | 1:19:31 | 4:58 | 1 | - | 3 | 9:28 |
| Sportplatz Mühlb | 0.81 | 7:59 | 9:51 | 1 | - | 6 | 0:49 | 16.78 | 1:27:30 | 5:12 | 1 | - | 3 | 10:17 |