



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: 11.51 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