



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

KRAUSE, Steffen

Club: Benneckenstein
Number: 1202

Course: 16.78 km
EXPERT

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:11:02

Speed: 7.33 km/h
Running performance: 7:49 min/km

Rank in course/Total: 160 (of 416)

Rank in course/Men: 149 (of 341)

Best time in course: 1:17:13

Rank in category: 7(of 18)

Best time in the category: 1:42:38

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	54:28	7:21	7	10:31	152	22:11	7.40	54:28	7:21	7	10:31	152	22:11
Mühlburg	8.57	1:05:28	7:38	8	16:01	157	27:44	15.97	1:59:56	7:30	7	26:05	158	49:53
Sportplatz Mühlb	0.81	11:06	13:42	6	2:19	95	3:56	16.78	2:11:02	7:48	7	28:24	152	53:49