



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

LANGBEIN, Rüdiger

Club: Apfelstädt  
Number: 1212

Course: 16.78 km  
EXPERT

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:11:54

Speed: 7.28 km/h  
Running performance: 7:52 min/km

Rank in course/Total: 166 (of 416)

Rank in course/Men: 154 (of 341)

Best time in course: 1:17:13

Rank in category: 18(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	54:26	7:21	18	9:11	150	22:09	7.40	54:26	7:21	18	9:11	150	22:09
Mühlburg	8.57	1:05:22	7:37	18	11:22	156	27:38	15.97	1:59:48	7:30	18	20:33	157	49:45
Sportplatz Mühlb	0.81	12:06	14:56	12	2:26	129	4:56	16.78	2:11:54	7:51	18	22:43	157	54:41