



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

SEYFARTH, Sebastian

Club: feel-forever.de
Number: 602

Course: 9.50 km
SPRINT

Category:
Senioren M30 (30-34 Jahre)

Total time: 49:40

Speed: 10.87 km/h
Running performance: 5:14 min/km

Rank in course/Total: 4 (of 673)

Rank in course/Men: 4 (of 411)

Best time in course: 43:20

Rank in category: 1(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	41:45	4:48	1	-	4	4:36	8.69	41:45	4:48	1	-	4	4:36
Sportplatz Mühlb	0.81	7:55	9:46	2	0:03	5	1:44	9.50	49:40	5:13	1	-	4	6:20