



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

LESSIG, Gunnar

Club: Chemnitz
Number: 1220

Course: 16.78 km
EXPERT

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:10:48

Speed: 7.34 km/h
Running performance: 7:47 min/km

Rank in course/Total: 159 (of 416)

Rank in course/Men: 148 (of 341)

Best time in course: 1:17:13

Rank in category: 16(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	56:33	7:38	21	11:18	183	24:16	7.40	56:33	7:38	21	11:18	183	24:16
Mühlburg	8.57	1:02:20	7:16	13	8:20	120	24:36	15.97	1:58:53	7:26	17	19:38	151	48:50
Sportplatz Mühlb	0.81	11:55	14:42	11	2:15	122	4:45	16.78	2:10:48	7:47	16	21:37	151	53:35