



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

RABE, Tobias

Club: Erfurt
Number: 1298

Course: 16.78 km
EXPERT

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:13:08

Speed: 7.21 km/h
Running performance: 7:56 min/km

Rank in course/Total: 174 (of 416)

Rank in course/Men: 160 (of 341)

Best time in course: 1:17:13

Rank in category: 39(of 75)

Best time in the category: 1:17:18

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	55:23	7:29	36	23:06	166	23:06	7.40	55:23	7:29	36	23:06	166	23:06
Mühlburg	8.57	1:07:00	7:49	41	29:12	172	29:16	15.97	2:02:23	7:39	39	52:18	168	52:20
Sportplatz Mühlb	0.81	10:45	13:16	21	3:32	81	3:35	16.78	2:13:08	7:56	39	55:50	163	55:55