



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: 7.56 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 |