



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

ELLINGER, Bastian

Club: Erfurt
Number: 1059

Course: 16.78 km
EXPERT

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:12:58

Speed: 7.22 km/h
Running performance: 7:55 min/km

Rank in course/Total: 173 (of 416)

Rank in course/Men: 159 (of 341)

Best time in course: 1:17:13

Rank in category: 38(of 75)

Best time in the category: 1:17:18

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Wachsenburg	7.40	55:31	7:30	39	23:14	170	23:14	7.40	55:31	7:30	39	23:14	170	23:14
Mühlberg	8.57	1:04:32	7:31	36	26:44	151	26:48	15.97	2:00:03	7:31	38	49:58	160	50:00
Sportplatz Mühlb	0.81	12:55	15:56	35	5:42	160	5:45	16.78	2:12:58	7:55	38	55:40	162	55:45