



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: 7.57 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	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	55:31	7:30	39	23:14	170	23:14	7.40	55:31	7:30	39	23:14	170	23:14
Mühlburg	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