



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

GÜMPEL, Holger

Club: Krauthausen
Number: 195

Course: 9.50 km
SPRINT

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:14:34

Speed: 7.24 km/h
Running performance: 7:51 min/km

Rank in course/Total: 158 (of 673)

Rank in course/Men: 129 (of 411)

Best time in course: 43:20

Rank in category: 13(of 38)

Best time in the category: 59:30

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
Mühlburg	8.69	1:01:02	7:01	12	10:50	113	23:53	8.69	1:01:02	7:01	12	10:50	113	23:53
Sportplatz Mühlb	0.81	13:32	16:42	21	4:14	221	7:21	9.50	1:14:34	7:50	13	15:04	129	31:14