



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

BERNHARDT, Jörg

Club: Erfurt
Number: 1017

Course: 16.78 km
EXPERT

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:12:57

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

Rank in course/Total: 172 (of 416)

Rank in course/Men: 158 (of 341)

Best time in course: 1:17:13

Rank in category: 37(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	55:33	7:30	41	23:16	172	23:16	7.40	55:33	7:30	41	23:16	172	23:16
Mühlburg	8.57	1:04:27	7:31	35	26:39	148	26:43	15.97	2:00:00	7:30	37	49:55	159	49:57
Sportplatz Mühlb	0.81	12:57	15:59	36	5:44	164	5:47	16.78	2:12:57	7:55	37	55:39	161	55:44