



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

RODENKIRCHEN, Wilfried

Club: Rudolstadt
Number: 1320

Course: 16.78 km
EXPERT

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:05:00

Speed: 7.68 km/h
Running performance: 7:27 min/km

Rank in course/Total: 117 (of 416)

Rank in course/Men: 109 (of 341)

Best time in course: 1:17:13

Rank in category: 3(of 7)

Best time in the category: 2:00:29

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	51:49	7:00	3	2:30	110	19:32	7.40	51:49	7:00	3	2:30	110	19:32
Mühlburg	8.57	1:01:28	7:10	3	1:16	109	23:44	15.97	1:53:17	7:05	3	3:35	111	43:14
Sportplatz Mühlb	0.81	11:43	14:27	3	0:56	119	4:33	16.78	2:05:00	7:26	3	4:31	111	47:47