



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

VOLKE, Matthias

Club: Jena
Number: 1408

Course: 16.78 km
EXPERT

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:15:20

Speed: 7.09 km/h
Running performance: 8:04 min/km

Rank in course/Total: 190 (of 416)

Rank in course/Men: 172 (of 341)

Best time in course: 1:17:13

Rank in category: 41(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	53:38	7:14	33	21:21	141	21:21	7.40	53:38	7:14	33	21:21	141	21:21
Mühlburg	8.57	1:09:23	8:05	45	31:35	188	31:39	15.97	2:03:01	7:42	40	52:56	175	52:58
Sportplatz Mühlb	0.81	12:19	15:12	32	5:06	140	5:09	16.78	2:15:20	8:03	41	58:02	175	58:07