



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

KNOTH, Thomas

Club: Heilbad Heiligenstadt
Number: 1184

Course: 16.78 km
EXPERT

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:49:17

Speed: 8.78 km/h
Running performance: 6:31 min/km

Rank in course/Total: 36 (of 416)

Rank in course/Men: 35 (of 341)

Best time in course: 1:17:13

Rank in category: 4(of 18)

Best time in the category: 1:42:38

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	44:42	6:02	3	0:45	28	12:25	7.40	44:42	6:02	3	0:45	28	12:25
Mühlburg	8.57	54:17	6:20	4	4:50	37	16:33	15.97	1:38:59	6:11	3	5:08	32	28:56
Sportplatz Mühlb	0.81	10:18	12:42	4	1:31	69	3:08	16.78	1:49:17	6:30	4	6:39	35	32:04