



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

JABIN, Steffen

Club: Jena

Number: 1145

Course: 16.78 km

EXPERT

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:31:22

Speed: 10.51 km/h

Running performance: 5:26 min/km

Rank in course/Total: 4 (of 416)

Rank in course/Men: 4 (of 341)

Best time in course: 1:17:13

Rank in category: 1(of 75)

Best time in the category: 1:31:22

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	37:21	5:02	1	-	4	5:04	7.40	37:21	5:02	1	-	4	5:04
Mühlburg	8.57	46:04	5:22	1	-	5	8:20	15.97	1:23:25	5:13	1	-	4	13:22
Sportplatz Mühlb	0.81	7:57	9:48	1	-	5	0:47	16.78	1:31:22	5:26	1	-	4	14:09