



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

**BERNSTEIN, Christoph**

Club: Weimar  
Number: 1018

Course: 16.78 km  
EXPERT

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:16:18

Speed: 7.04 km/h  
Running performance: 8:07 min/km

Rank in course/Total: 195 (of 416)

Rank in course/Men: 175 (of 341)

Best time in course: 1:17:13

Rank in category: 23(of 40)

Best time in the category: 1:27:30

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  | 59:07   | 7:59   | 28   | 22:44  | 226 | 26:50  | 7.40  | 59:07   | 7:59   | 28   | 22:44  | 226 | 26:50  |
| Mühlburg         | 8.57  | 1:04:13 | 7:29   | 22   | 21:05  | 146 | 26:29  | 15.97 | 2:03:20 | 7:43   | 23   | 43:49  | 181 | 53:17  |
| Sportplatz Mühlb | 0.81  | 12:58   | 16:00  | 22   | 4:59   | 165 | 5:48   | 16.78 | 2:16:18 | 8:07   | 23   | 48:48  | 178 | 59:05  |