



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

FEDERBUSCH, Ralf

Club: Erfurt
Number: 1063

Course: 16.78 km
EXPERT

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:15:34

Speed: 7.43 km/h
Running performance: 8:05 min/km

Rank in course/Total: 192 (of 416)

Rank in course/Men: 174 (of 341)

Best time in course: 1:17:13

Rank in category: 20(of 35)

Best time in the category: 1:49:11

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	56:26	7:37	20	11:11	182	24:09	7.40	56:26	7:37	20	11:11	182	24:09
Mühlburg	8.57	1:06:18	7:44	19	12:18	165	28:34	15.97	2:02:44	7:41	21	23:29	173	52:41
Sportplatz Mühlb	0.81	12:50	15:50	18	3:10	157	5:40	16.78	2:15:34	8:04	20	26:23	177	58:21