



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

Laß, Matthias

Club: Heithauer
Number: 254

Course: 9.50 km
SPRINT

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:17:13

Speed: 6.99 km/h
Running performance: 8:08 min/km

Rank in course/Total: 194 (of 673)

Rank in course/Men: 159 (of 411)

Best time in course: 43:20

Rank in category: 16(of 38)

Best time in the category: 59:30

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
Mühlburg	8.69	1:04:39	7:26	17	14:27	154	27:30	8.69	1:04:39	7:26	17	14:27	154	27:30
Sportplatz Mühlb	0.81	12:34	15:30	13	3:16	175	6:23	9.50	1:17:13	8:07	16	17:43	159	33:53