



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

HIRSCH, Jens

Club: Erfurt
Number: 251

Course: 9.50 km
SPRINT

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:18:24

Speed: 7.27 km/h
Running performance: 8:15 min/km

Rank in course/Total: 220 (of 673)

Rank in course/Men: 175 (of 411)

Best time in course: 43:20

Rank in category: 18(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	1:05:30	7:32	19	15:18	177	28:21	8.69	1:05:30	7:32	19	15:18	177	28:21
Sportplatz Mühlb	0.81	12:54	15:55	16	3:36	187	6:43	9.50	1:18:24	8:15	18	18:54	175	35:04