



LEGEND OF CROSS  
Mühlberg / 05.11.2017

### Detailed evaluation

**TIESEL, Steffen**

Club: Weimar  
Number: 646

Course: 9.50 km  
SPRINT

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:18:24

Speed: 6.89 km/h  
Running performance: 8:15 min/km

Rank in course/Total: 222 (of 673)

Rank in course/Men: 175 (of 411)

Best time in course: 43:20

Rank in category: 38(of 89)

Best time in the category: 49:40

### 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  | 1:05:07 | 7:29   | 34   | 23:22  | 166 | 27:58  | 8.69  | 1:05:07 | 7:29   | 34   | 23:22  | 166 | 27:58  |
| Sportplatz Mühlb | 0.81  | 13:17   | 16:23  | 48   | 5:25   | 210 | 7:06   | 9.50  | 1:18:24 | 8:15   | 38   | 28:44  | 175 | 35:04  |