



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