



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

SELIG, Reinald

Club: ERFURT
Number: 1376

Course: 16.78 km
EXPERT

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:15:02

Speed: 7.11 km/h
Running performance: 8:03 min/km

Rank in course/Total: 184 (of 416)

Rank in course/Men: 168 (of 341)

Best time in course: 1:17:13

Rank in category: 19(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	53:48	7:16	17	8:33	144	21:31	7.40	53:48	7:16	17	8:33	144	21:31
Mühlburg	8.57	1:07:17	7:51	21	13:17	175	29:33	15.97	2:01:05	7:34	19	21:50	164	51:02
Sportplatz Mühlb	0.81	13:57	17:13	23	4:17	204	6:47	16.78	2:15:02	8:02	19	25:51	171	57:49