



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

SIMON, Holger

Club: Schmalkalden
Number: 605

Course: 9.50 km
SPRINT

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:23:11

Speed: 6.85 km/h
Running performance: 8:46 min/km

Rank in course/Total: 290 (of 673)

Rank in course/Men: 226 (of 411)

Best time in course: 43:20

Rank in category: 49(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	1:09:14	7:58	44	27:29	212	32:05	8.69	1:09:14	7:58	44	27:29	212	32:05
Sportplatz Mühlb	0.81	13:57	17:13	53	6:05	239	7:46	9.50	1:23:11	8:45	49	33:31	226	39:51