



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

JESKE, Sebastian

Club: Erfurt  
Number: 278

Course: 9.50 km  
SPRINT

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:23:57

Speed: 6.43 km/h  
Running performance: 8:50 min/km

Rank in course/Total: 311 (of 673)

Rank in course/Men: 239 (of 411)

Best time in course: 43:20

Rank in category: 50(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
Mühlberg	8.69	1:10:45	8:08	50	29:00	239	33:36	8.69	1:10:45	8:08	50	29:00	239	33:36
Sportplatz Mühlb	0.81	13:12	16:17	46	5:20	207	7:01	9.50	1:23:57	8:50	50	34:17	239	40:37