



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

BOCK, Denis

Club: Wolfsberg OT Wümbach
Number: 1029

Course: 16.78 km
EXPERT

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:21:55

Speed: 6.76 km/h
Running performance: 8:28 min/km

Rank in course/Total: 225 (of 416)

Rank in course/Men: 200 (of 341)

Best time in course: 1:17:13

Rank in category: 48(of 75)

Best time in the category: 1:17:18

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	57:36	7:47	47	25:19	204	25:19	7.40	57:36	7:47	47	25:19	204	25:19
Mühlburg	8.57	1:10:45	8:15	49	32:57	206	33:01	15.97	2:08:21	8:02	49	58:16	204	58:18
Sportplatz Mühlb	0.81	13:34	16:44	45	6:21	192	6:24	16.78	2:21:55	8:27	48	1:04:37	203	1:04:42