



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

Mamone, Stefano

Club: Swissrunner
Number: 1450

Course: 16.78 km
EXPERT

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:21:47

Speed: 7.10 km/h
Running performance: 8:27 min/km

Rank in course/Total: 221 (of 416)

Rank in course/Men: 197 (of 341)

Best time in course: 1:17:13

Rank in category: 25(of 40)

Best time in the category: 1:27:30

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	1:00:03	8:06	31	23:40	233	27:46	7.40	1:00:03	8:06	31	23:40	233	27:46
Mühlburg	8.57	1:08:42	8:00	24	25:34	183	30:58	15.97	2:08:45	8:03	26	49:14	206	58:42
Sportplatz Mühlb	0.81	13:02	16:05	24	5:03	168	5:52	16.78	2:21:47	8:26	25	54:17	200	1:04:34