



LEGEND OF CROSS  
Mühlberg / 05.11.2017

## Detailed evaluation

### TÖNNIGES, Frank

Club: Plauen  
Number: 649

Course: 9.50 km  
SPRINT

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:24:02

Speed: 6.43 km/h  
Running performance: 8:51 min/km

Rank in course/Total: 314 (of 673)

Rank in course/Men: 241 (of 411)

Best time in course: 43:20

Rank in category: 32(of 54)

Best time in the category: 52:18

### 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
Mühlburg	8.69	1:11:00	8:10	34	26:38	245	33:51	8.69	1:11:00	8:10	34	26:38	245	33:51
Sportplatz Mühlb	0.81	13:02	16:05	27	5:06	195	6:51	9.50	1:24:02	8:50	32	31:44	241	40:42