



LEGEND OF CROSS  
Mühlberg / 05.11.2017

### Detailed evaluation

**HELLER, Maik**

Club: Schmalkalden  
Number: 227

Course: 9.50 km  
SPRINT

Category:  
Senioren M30 (30-34 Jahre)

Total time: 52:55

Speed: 10.20 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 9 (of 673)

Rank in course/Men: 9 (of 411)

Best time in course: 43:20

Rank in category: 3(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  | 44:42 | 5:08   | 3    | 2:57   | 9   | 7:33   | 8.69  | 44:42 | 5:08   | 3    | 2:57   | 9   | 7:33   |
| Sportplatz Mühlb | 0.81  | 8:13  | 10:08  | 3    | 0:21   | 11  | 2:02   | 9.50  | 52:55 | 5:34   | 3    | 3:15   | 9   | 9:35   |