



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

KRAUßE, Michael

Club: Saalfeld
Number: 1204

Course: 16.78 km
EXPERT

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:21:17

Speed: 7.13 km/h
Running performance: 8:25 min/km

Rank in course/Total: 217 (of 416)

Rank in course/Men: 194 (of 341)

Best time in course: 1:17:13

Rank in category: 45(of 75)

Best time in the category: 1:31:22

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Wachsenburg	7.40	57:33	7:46	46	20:12	200	25:16	7.40	57:33	7:46	46	20:12	200	25:16
Mühlburg	8.57	1:10:17	8:12	45	24:13	199	32:33	15.97	2:07:50	8:00	45	44:25	194	57:47
Sportplatz Mühlb	0.81	13:27	16:36	42	5:30	187	6:17	16.78	2:21:17	8:25	45	49:55	197	1:04:04