



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

MIETHO, Sascha

Club: Erfurt  
Number: 421

Course: 9.50 km  
SPRINT

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:25:38

Speed: 6.31 km/h  
Running performance: 9:01 min/km

Rank in course/Total: 327 (of 673)

Rank in course/Men: 251 (of 411)

Best time in course: 43:20

Rank in category: 50(of 86)

Best time in the category: 56:39

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	1:10:30	8:06	44	23:39	233	33:21	8.69	1:10:30	8:06	44	23:39	233	33:21
Sportplatz Mühlb	0.81	15:08	18:40	51	6:24	269	8:57	9.50	1:25:38	9:00	50	28:59	251	42:18