



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

FRIEDRICH, Tobias

Club: Erfurt  
Number: 1077

Course: 16.78 km  
EXPERT

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:50:20

Speed: 9.13 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 39 (of 416)

Rank in course/Men: 38 (of 341)

Best time in course: 1:17:13

Rank in category: 7(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	45:41	6:10	7	9:18	35	13:24	7.40	45:41	6:10	7	9:18	35	13:24
Mühlburg	8.57	54:27	6:21	7	11:19	39	16:43	15.97	1:40:08	6:16	8	20:37	40	30:05
Sportplatz Mühlb	0.81	10:12	12:35	11	2:13	65	3:02	16.78	1:50:20	6:34	7	22:50	38	33:07