



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

ADLER, Jürgen

Club: Seitenroda
Number: 1001

Course: 16.78 km
EXPERT

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:23:13

Speed: 6.70 km/h
Running performance: 8:32 min/km

Rank in course/Total: 230 (of 416)

Rank in course/Men: 206 (of 341)

Best time in course: 1:17:13

Rank in category: 47(of 75)

Best time in the category: 1:31:22

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	57:34	7:46	47	20:13	201	25:17	7.40	57:34	7:46	47	20:13	201	25:17
Mühlburg	8.57	1:11:49	8:22	48	25:45	214	34:05	15.97	2:09:23	8:06	47	45:58	209	59:20
Sportplatz Mühlb	0.81	13:50	17:04	45	5:53	200	6:40	16.78	2:23:13	8:32	47	51:51	209	1:06:00