



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

FRICKE, Benjamin

Club: Weimar  
Number: 1076

Course: 16.78 km  
EXPERT

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:52:05

Speed: 8.98 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 45 (of 416)

Rank in course/Men: 42 (of 341)

Best time in course: 1:17:13

Rank in category: 11(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	47:30	6:25	13	10:09	48	15:13	7.40	47:30	6:25	13	10:09	48	15:13
Mühlburg	8.57	54:45	6:23	11	8:41	42	17:01	15.97	1:42:15	6:24	12	18:50	44	32:12
Sportplatz Mühlb	0.81	9:50	12:08	9	1:53	45	2:40	16.78	1:52:05	6:40	11	20:43	43	34:52