



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

ABRAHAM, Daniel

Club: Erfurt
Number: 2249

Course: 26.71 km
BERSERKER

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:29:38

Speed: 10.43 km/h
Running performance: 5:36 min/km

Rank in course/Total: 6 (of 205)

Rank in course/Men: 6 (of 189)

Best time in course: 2:16:04

Rank in category: 1(of 25)

Best time in the category: 2:29:38

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	36:47	4:58	1	-	2	1:21	7.40	36:47	4:58	1	-	2	1:21
Burg Gleichen	8.53	43:55	5:08	1	-	2	1:22	15.93	1:20:42	5:03	1	-	2	2:43
Mühlberg	9.97	59:10	5:56	3	3:09	15	12:41	25.90	2:19:52	5:24	3	26:13	12	28:54
Sportplatz Mühlb	0.81	9:46	12:03	3	0:24	14	1:57	26.71	2:29:38	5:36	3	24:18	12	26:23