



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

NICOLAUS, Steffen

Club: Weimar
Number: 442

Course: 9.50 km
SPRINT

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:34:12

Speed: 5.73 km/h
Running performance: 9:55 min/km

Rank in course/Total: 449 (of 673)

Rank in course/Men: 310 (of 411)

Best time in course: 43:20

Rank in category: 70(of 89)

Best time in the category: 49:40

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	1:17:42	8:56	72	35:57	309	40:33	8.69	1:17:42	8:56	72	35:57	309	40:33
Sportplatz Mühlb	0.81	16:30	20:22	68	8:38	306	10:19	9.50	1:34:12	9:54	70	44:32	310	50:52