



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

RINGMANN, Ronny

Club: Bad Tennstedt
Number: 507

Course: 9.50 km
SPRINT

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:32:36

Speed: 5.83 km/h
Running performance: 9:45 min/km

Rank in course/Total: 423 (of 673)

Rank in course/Men: 300 (of 411)

Best time in course: 43:20

Rank in category: 42(of 54)

Best time in the category: 52:18

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	1:17:49	8:57	42	33:27	311	40:40	8.69	1:17:49	8:57	42	33:27	311	40:40
Sportplatz Mühlb	0.81	14:47	18:15	35	6:51	262	8:36	9.50	1:32:36	9:44	42	40:18	300	49:16