



LEGEND OF CROSS  
Mühlberg / 05.11.2017

### Detailed evaluation

**RACKOW, Ulf**

Club: Altenburg  
Number: 1300

Course: 16.78 km  
EXPERT

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:19:17

Speed: 7.23 km/h  
Running performance: 8:18 min/km

Rank in course/Total: 208 (of 416)

Rank in course/Men: 186 (of 341)

Best time in course: 1:17:13

Rank in category: 24(of 40)

Best time in the category: 1:27:30

### 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	56:16	7:36	24	19:53	181	23:59	7.40	56:16	7:36	24	19:53	181	23:59
Mühlburg	8.57	1:09:35	8:07	25	26:27	190	31:51	15.97	2:05:51	7:52	24	46:20	186	55:48
Sportplatz Mühlb	0.81	13:26	16:35	25	5:27	184	6:16	16.78	2:19:17	8:18	24	51:47	189	1:02:04