



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

POSCHART, Kai

Club: Gera  
Number: 1290

Course: 16.78 km  
EXPERT

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:53:04

Speed: 8.49 km/h  
Running performance: 6:44 min/km

Rank in course/Total: 54 (of 416)

Rank in course/Men: 50 (of 341)

Best time in course: 1:17:13

Rank in category: 14(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	45:20	6:07	10	7:59	34	13:03	7.40	45:20	6:07	10	7:59	34	13:03
Mühlburg	8.57	55:48	6:30	16	9:44	55	18:04	15.97	1:41:08	6:19	11	17:43	41	31:05
Sportplatz Mühlb	0.81	11:56	14:43	32	3:59	123	4:46	16.78	1:53:04	6:44	14	21:42	51	35:51