



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

FLOCK, Sebastian

Club: Arendsee/OT Lübbars
Number: 1069

Course: 16.78 km
EXPERT

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:53:15

Speed: 8.48 km/h
Running performance: 6:45 min/km

Rank in course/Total: 57 (of 416)

Rank in course/Men: 53 (of 341)

Best time in course: 1:17:13

Rank in category: 16(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	48:28	6:32	18	11:07	63	16:11	7.40	48:28	6:32	18	11:07	63	16:11
Mühlburg	8.57	54:41	6:22	10	8:37	41	16:57	15.97	1:43:09	6:27	16	19:44	52	33:06
Sportplatz Mühlb	0.81	10:06	12:28	12	2:09	59	2:56	16.78	1:53:15	6:44	16	21:53	54	36:02