



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

TIMPEL, Heiko

Club: Erfurt  
Number: 1392

Course: 16.78 km  
EXPERT

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:21:07

Speed: 6.80 km/h  
Running performance: 8:25 min/km

Rank in course/Total: 215 (of 416)

Rank in course/Men: 192 (of 341)

Best time in course: 1:17:13

Rank in category: 22(of 35)

Best time in the category: 1:49:11

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	58:03	7:50	25	12:48	210	25:46	7.40	58:03	7:50	25	12:48	210	25:46
Mühlburg	8.57	1:09:36	8:07	22	15:36	191	31:52	15.97	2:07:39	7:59	23	28:24	192	57:36
Sportplatz Mühlb	0.81	13:28	16:37	20	3:48	189	6:18	16.78	2:21:07	8:24	22	31:56	195	1:03:54