



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

MÖNCHGESANG, Rogé Omar

Club: StiftungWadentest/Fitness-Mama.de
Number: 427

Course: 9.50 km
SPRINT

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:29:02

Speed: 6.07 km/h
Running performance: 9:22 min/km

Rank in course/Total: 368 (of 673)

Rank in course/Men: 269 (of 411)

Best time in course: 43:20

Rank in category: 58(of 89)

Best time in the category: 49:40

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	1:13:58	8:30	61	32:13	275	36:49	8.69	1:13:58	8:30	61	32:13	275	36:49
Sportplatz Mühlb	0.81	15:04	18:36	58	7:12	266	8:53	9.50	1:29:02	9:22	58	39:22	269	45:42