



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

**METZNER, Maik**

Club: Schöneck  
Number: 417

Course: 9.50 km  
SPRINT

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:36:45

Speed: 5.58 km/h  
Running performance: 10:11 min/km

Rank in course/Total: 483 (of 673)

Rank in course/Men: 330 (of 411)

Best time in course: 43:20

Rank in category: 46(of 54)

Best time in the category: 52:18

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	1:19:59	9:12	46	35:37	335	42:50	8.69	1:19:59	9:12	46	35:37	335	42:50
Sportplatz Mühlb	0.81	16:46	20:41	45	8:50	316	10:35	9.50	1:36:45	10:11	46	44:27	330	53:25