



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

KNOWLECH, Johann

Club: Birlenbach
Number: 1185

Course: 16.78 km
EXPERT

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:33:56

Speed: 6.24 km/h
Running performance: 9:10 min/km

Rank in course/Total: 281 (of 416)

Rank in course/Men: 248 (of 341)

Best time in course: 1:17:13

Rank in category: 59(of 75)

Best time in the category: 1:17:18

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
Wachsenburg	7.40	57:43	7:47	50	25:26	208	25:26	7.40	57:43	7:47	50	25:26	208	25:26
Mühlburg	8.57	1:18:29	9:09	60	40:41	259	40:45	15.97	2:16:12	8:31	56	1:06:07	242	1:06:09
Sportplatz Mühlb	0.81	17:44	21:53	64	10:31	285	10:34	16.78	2:33:56	9:10	59	1:16:38	251	1:16:43