



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

HEILMANN, Jan

Club: Altenburg  
Number: 1113

Course: 16.78 km  
EXPERT

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:32:33

Speed: 6.29 km/h  
Running performance: 9:05 min/km

Rank in course/Total: 275 (of 416)

Rank in course/Men: 244 (of 341)

Best time in course: 1:17:13

Rank in category: 31(of 40)

Best time in the category: 1:27:30

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	59:31	8:02	30	23:08	231	27:14	7.40	59:31	8:02	30	23:08	231	27:14
Mühlburg	8.57	1:17:51	9:05	32	34:43	253	40:07	15.97	2:17:22	8:36	32	57:51	251	1:07:19
Sportplatz Mühlb	0.81	15:11	18:44	30	7:12	231	8:01	16.78	2:32:33	9:05	31	1:05:03	247	1:15:20