



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

BERNDT, Nils

Club: WEINBERGEN
Number: 33

Course: 9.50 km
SPRINT

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:22:52

Speed: 6.52 km/h
Running performance: 8:43 min/km

Rank in course/Total: 285 (of 673)

Rank in course/Men: 221 (of 411)

Best time in course: 43:20

Rank in category: 47(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	1:10:04	8:03	47	28:19	227	32:55	8.69	1:10:04	8:03	47	28:19	227	32:55
Sportplatz Mühlb	0.81	12:48	15:48	41	4:56	183	6:37	9.50	1:22:52	8:43	47	33:12	221	39:32