



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

TRÖDER, Sascha

Club: Apfelstädt
Number: 1395

Course: 16.78 km
EXPERT

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:28:52

Speed: 6.45 km/h
Running performance: 8:52 min/km

Rank in course/Total: 252 (of 416)

Rank in course/Men: 225 (of 341)

Best time in course: 1:17:13

Rank in category: 53(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	58:11	7:51	51	25:54	211	25:54	7.40	58:11	7:51	51	25:54	211	25:54
Mühlburg	8.57	1:14:05	8:38	53	36:17	224	36:21	15.97	2:12:16	8:16	53	1:02:11	223	1:02:13
Sportplatz Mühlb	0.81	16:36	20:29	62	9:23	263	9:26	16.78	2:28:52	8:52	53	1:11:34	228	1:11:39