



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

RAAB, Kenny

Club: Jena

Number: 1296

Course: 26.71 km

BERSERKER

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:34:24

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 9 (of 205)

Rank in course/Men: 9 (of 189)

Best time in course: 2:16:04

Rank in category: 3(of 45)

Best time in the category: 2:16:04

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	41:13	5:34	3	4:19	12	5:47	7.40	41:13	5:34	3	4:19	12	5:47
Burg Gleichen	8.53	48:46	5:43	3	4:43	12	6:13	15.93	1:29:59	5:38	3	8:49	11	12:00
Mühlberg	9.97	55:05	5:31	3	8:36	7	8:36	25.90	2:25:04	5:36	4	17:25	15	34:06
Sportplatz Mühlb	0.81	9:20	11:31	3	1:31	11	1:31	26.71	2:34:24	5:46	4	18:20	15	31:09