



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

HEEGER, Wolfgang

Club: Neustadt
Number: 218

Course: 9.50 km
SPRINT

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:23:36

Speed: 6.46 km/h
Running performance: 8:48 min/km

Rank in course/Total: 300 (of 673)

Rank in course/Men: 232 (of 411)

Best time in course: 43:20

Rank in category: 26(of 38)

Best time in the category: 59:30

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
Mühlburg	8.69	1:09:39	8:00	26	19:27	222	32:30	8.69	1:09:39	8:00	26	19:27	222	32:30
Sportplatz Mühlb	0.81	13:57	17:13	24	4:39	239	7:46	9.50	1:23:36	8:47	26	24:06	232	40:16