



LEGEND OF CROSS  
Mühlberg / 05.11.2017

Detailed evaluation

STEINBERG, Benjamin

Club: Rüsselsheim  
Number: 1385

Course: 16.78 km  
EXPERT

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:27:28

Speed: 6.51 km/h  
Running performance: 8:47 min/km

Rank in course/Total: 246 (of 416)

Rank in course/Men: 221 (of 341)

Best time in course: 1:17:13

Rank in category: 52(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	58:15	7:52	52	25:58	212	25:58	7.40	58:15	7:52	52	25:58	212	25:58
Mühlburg	8.57	1:13:45	8:36	52	35:57	221	36:01	15.97	2:12:00	8:15	52	1:01:55	222	1:01:57
Sportplatz Mühlb	0.81	15:28	19:05	55	8:15	234	8:18	16.78	2:27:28	8:47	52	1:10:10	224	1:10:15