



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

LADNER, Kai

Club: Sontra

Number: 1211

Course: 16.78 km

EXPERT

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:53:46

Speed: 8.44 km/h

Running performance: 6:47 min/km

Rank in course/Total: 59 (of 416)

Rank in course/Men: 55 (of 341)

Best time in course: 1:17:13

Rank in category: 2(of 35)

Best time in the category: 1:49:11

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	48:30	6:33	4	3:15	66	16:13	7.40	48:30	6:33	4	3:15	66	16:13
Mühlburg	8.57	55:17	6:27	2	1:17	51	17:33	15.97	1:43:47	6:29	2	4:32	55	33:44
Sportplatz Mühlb	0.81	9:59	12:19	3	0:19	52	2:49	16.78	1:53:46	6:46	2	4:35	57	36:33