



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

PENSOLD, Ulf-Peter

Club: Weimar
Number: 460

Course: 9.50 km
SPRINT

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:35:54

Speed: 5.63 km/h
Running performance: 10:05 min/km

Rank in course/Total: 465 (of 673)

Rank in course/Men: 318 (of 411)

Best time in course: 43:20

Rank in category: 32(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	1:18:34	9:02	32	28:22	322	41:25	8.69	1:18:34	9:02	32	28:22	322	41:25
Sportplatz Mühlb	0.81	17:20	21:23	34	8:02	335	11:09	9.50	1:35:54	10:05	32	36:24	318	52:34