



LEGEND OF CROSS  
Mühlberg / 05.11.2017

### Detailed evaluation

EßMANN, Eric

Club: Berlin  
Number: 1060

Course: 16.78 km  
EXPERT

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:31:35

Speed: 6.33 km/h  
Running performance: 9:02 min/km

Rank in course/Total: 267 (of 416)

Rank in course/Men: 239 (of 341)

Best time in course: 1:17:13

Rank in category: 56(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	1:03:39	8:36	67	31:22	289	31:22	7.40	1:03:39	8:36	67	31:22	289	31:22
Mühlburg	8.57	1:14:14	8:39	54	36:26	225	36:30	15.97	2:17:53	8:38	60	1:07:48	253	1:07:50
Sportplatz Mühlb	0.81	13:42	16:54	46	6:29	193	6:32	16.78	2:31:35	9:02	56	1:14:17	242	1:14:22