



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

PRASSER, Niels

Club: Arnstadt
Number: 482

Course: 16.78 km
EXPERT

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:40:30

Speed: 5.98 km/h
Running performance: 9:34 min/km

Rank in course/Total: 312 (of 416)

Rank in course/Men: 269 (of 341)

Best time in course: 1:17:13

Rank in category: 32(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	1:01:34	8:19	31	16:19	268	29:17	7.40	1:01:34	8:19	31	16:19	268	29:17
Mühlburg	8.57	1:21:46	9:32	33	27:46	277	44:02	15.97	2:23:20	8:58	33	44:05	271	1:13:17
Sportplatz Mühlb	0.81	17:10	21:11	31	7:30	273	10:00	16.78	2:40:30	9:33	32	51:19	272	1:23:17