



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

LANG, Sebastian

Club: Erfurt
Number: 364

Course: 9.50 km
SPRINT

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:42:32

Speed: 5.56 km/h
Running performance: 10:47 min/km

Rank in course/Total: 558 (of 673)

Rank in course/Men: 362 (of 411)

Best time in course: 43:20

Rank in category: 73(of 86)

Best time in the category: 56:39

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	1:23:49	9:38	73	36:58	360	46:40	8.69	1:23:49	9:38	73	36:58	360	46:40
Sportplatz Mühlb	0.81	18:43	23:06	75	9:59	367	12:32	9.50	1:42:32	10:47	73	45:53	362	59:12