



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

HELBIG, Christoph

Club: Eisenach
Number: 226

Course: 9.50 km
SPRINT

Category:
Senioren M30 (30-34 Jahre)

Total time: 58:50

Speed: 9.18 km/h
Running performance: 6:11 min/km

Rank in course/Total: 22 (of 673)

Rank in course/Men: 22 (of 411)

Best time in course: 43:20

Rank in category: 6(of 89)

Best time in the category: 49:40

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	50:17	5:47	6	8:32	26	13:08	8.69	50:17	5:47	6	8:32	26	13:08
Sportplatz Mühlb	0.81	8:33	10:33	5	0:41	16	2:22	9.50	58:50	6:11	6	9:10	22	15:30