



LEGEND OF CROSS  
Mühlberg / 05.11.2017

### Detailed evaluation

**HENOCH, Alexander**

Club: Erfurt  
Number: 234

Course: 9.50 km  
SPRINT

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:45:21

Speed: 5.13 km/h  
Running performance: 11:05 min/km

Rank in course/Total: 588 (of 673)

Rank in course/Men: 376 (of 411)

Best time in course: 43:20

Rank in category: 80(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	1:27:46	10:05	82	46:01	379	50:37	8.69	1:27:46	10:05	82	46:01	379	50:37
Sportplatz Mühlb	0.81	17:35	21:42	75	9:43	339	11:24	9.50	1:45:21	11:05	80	55:41	376	1:02:01