



**LEGEND OF CROSS**  
Mühlberg / 05.11.2017

Detailed evaluation

**HELBING, Michael**

Club: Salomonsborn  
Number: 1117

Course: 16.78 km  
EXPERT

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:37:47

Speed: 6.38 km/h  
Running performance: 9:24 min/km

Rank in course/Total: 302 (of 416)

Rank in course/Men: 263 (of 341)

Best time in course: 1:17:13

Rank in category: 35(of 40)

Best time in the category: 1:27:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Wachsenburg	7.40	1:01:19	8:17	34	24:56	261	29:02	7.40	1:01:19	8:17	34	24:56	261	29:02
Mühlburg	8.57	1:18:51	9:12	35	35:43	261	41:07	15.97	2:20:10	8:46	34	1:00:39	260	1:10:07
Sportplatz Mühlb	0.81	17:37	21:44	36	9:38	282	10:27	16.78	2:37:47	9:24	35	1:10:17	266	1:20:34