



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: 6.08 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	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	1:01:19	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