



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

RUSSOW, Robert

Club: Gotha
Number: 518

Course: 9.50 km
SPRINT

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:50:55

Speed: 5.14 km/h
Running performance: 11:41 min/km

Rank in course/Total: 621 (of 673)

Rank in course/Men: 390 (of 411)

Best time in course: 43:20

Rank in category: 85(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	1:30:15	10:23	85	48:30	385	53:06	8.69	1:30:15	10:23	85	48:30	385	53:06
Sportplatz Mühlb	0.81	20:40	25:30	86	12:48	393	14:29	9.50	1:50:55	11:40	85	1:01:15	390	1:07:35