



LEGEND OF CROSS
Mühlberg / 05.11.2017

Detailed evaluation

BENDER, Michael

Club: Erfurt
Number: 30

Course: 9.50 km
SPRINT

Category:
Senioren M45 (45-49 Jahre)

Total time: 59:30

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 25 (of 673)

Rank in course/Men: 24 (of 411)

Best time in course: 43:20

Rank in category: 1(of 38)

Best time in the category: 59:30

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
Mühlburg	8.69	50:12	5:46	1	-	23	13:03	8.69	50:12	5:46	1	-	23	13:03
Sportplatz Mühlb	0.81	9:18	11:28	1	-	25	3:07	9.50	59:30	6:15	1	-	24	16:10