



**LEGEND OF CROSS**  
Mühlberg / 05.11.2017

Detailed evaluation

**JOHN, Bernd**

Club: Niederzimmern  
Number: 1153

Course: 16.78 km  
EXPERT

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:48:49

Speed: 5.69 km/h  
Running performance: 10:04 min/km

Rank in course/Total: 354 (of 416)

Rank in course/Men: 293 (of 341)

Best time in course: 1:17:13

Rank in category: 17(of 18)

Best time in the category: 1:42:38

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	1:10:09	9:28	18	26:12	330	37:52	7.40	1:10:09	9:28	18	26:12	330	37:52
Mühlburg	8.57	1:21:42	9:31	14	32:15	276	43:58	15.97	2:31:51	9:30	17	58:00	304	1:21:48
Sportplatz Mühlb	0.81	16:58	20:56	16	8:11	270	9:48	16.78	2:48:49	10:03	17	1:06:11	296	1:31:36