



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Kriehoff, Marcel

Club: USV Erfurt

Number: 34

Course: 4.60 km

Hauptlauf

Category:

Männer U35

Total time: **16:51**

Speed: 14.24 km/h

Running performance: 3:40 min/km

Rank in course/Total: 1 (of 36)

Rank in course/Men: 1 (of 29)

Best time in course: 16:51

Rank in category: 1(of 8)

Best time in the category: 16:51

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
Runde	2.30	8:07	3:31	1	-	1	-	2.30	8:07	3:31	1	-	1	-
Finish	2.30	8:44	3:47	1	-	1	-	4.60	16:51	3:39	1	-	1	-