



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Buchs, Olaf

Club: Fit & Run Weimar

Number: 36

Course: 4.60 km

Hauptlauf

Category:

Männer U50

Total time: 23:00

Speed: 10.43 km/h

Running performance: 5:00 min/km

Rank in course/Total: 9 (of 36)

Rank in course/Men: 9 (of 29)

Best time in course: 16:51

Rank in category: 3(of 4)

Best time in the category: 21:40

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
Runde	2.30	11:06	4:49	3	0:48	9	2:59	2.30	11:06	4:49	3	0:48	9	2:59
Finish	2.30	11:54	5:10	3	0:35	9	3:10	4.60	23:00	5:00	3	1:20	9	6:09