



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Willing, Frank

Club: Amt Wachsenburg OT Bittstädt

Number: 19

Course: 4.60 km

Hauptlauf

Category:

Männer U40

Total time: 24:40

Speed: 9.73 km/h

Running performance: 5:22 min/km

Rank in course/Total: 12 (of 36)

Rank in course/Men: 11 (of 29)

Best time in course: 16:51

Rank in category: 1(of 2)

Best time in the category: 24:40

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	12:23	5:23	1	-	14	4:16	2.30	12:23	5:23	1	-	14	4:16
Finish	2.30	12:17	5:20	1	-	10	3:33	4.60	24:40	5:21	1	-	11	7:49