



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Höpping, Stefan

Club: SG Wachsenburg

Number: 6

Course: 4.60 km

Hauptlauf

Category:

Männer U35

Total time: 25:21

Speed: 9.47 km/h

Running performance: 5:31 min/km

Rank in course/Total: 13 (of 36)

Rank in course/Men: 12 (of 29)

Best time in course: 16:51

Rank in category: 2(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	12:06	5:15	2	3:59	11	3:59	2.30	12:06	5:15	2	3:59	11	3:59
Finish	2.30	13:15	5:45	3	4:31	14	4:31	4.60	25:21	5:30	2	8:30	12	8:30