



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Knappe, Tobias

Club: B Werkstatt Rohrenger

Number: 33

Course: 4.60 km

Hauptlauf

Category:

Männer U35

Total time: 25:59

Speed: 9.24 km/h

Running performance: 5:39 min/km

Rank in course/Total: 17 (of 36)

Rank in course/Men: 15 (of 29)

Best time in course: 16:51

Rank in category: 4 (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.
Runde	2.30	12:20	5:21	4	4:13	13	4:13	2.30	12:20	5:21	4	4:13	13	4:13
Finish	2.30	13:39	5:56	6	4:55	17	4:55	4.60	25:59	5:38	4	9:08	15	9:08