



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Waitz-Schitky, Susan

Club: Slowfoot

Number: 38

Course: 4.60 km

Hauptlauf

Category:

Frauen U45

Total time: 27:23

Speed: 8.76 km/h

Running performance: 5:57 min/km

Rank in course/Total: 21 (of 36)

Rank in course/Women: 3 (of 7)

Best time in course: 23:18

Rank in category: 1(of 1)

Best time in the category: 27:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.30	13:27	5:50	1	-	3	2:11	2.30	13:27	5:50	1	-	3	2:11
Finish	2.30	13:56	6:03	1	-	3	1:54	4.60	27:23	5:57	1	-	4	7:04