



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Schitky, Stefan

Club: Slowfoot

Number: 37

Course: 4.60 km

Hauptlauf

Category:

Männer U45

Total time: 28:02

Speed: 8.56 km/h

Running performance: 6:05 min/km

Rank in course/Total: 23 (of 36)

Rank in course/Men: 20 (of 29)

Best time in course: 16:51

Rank in category: 2(of 2)

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	13:43	5:57	2	3:22	22	5:36	2.30	13:43	5:57	2	3:22	22	5:36
Finish	2.30	14:19	6:13	2	3:00	20	5:35	4.60	28:02	6:05	2	6:22	20	11:11