



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Helbing, Andreas

Club: DTC for Life

Number: 5

Course: 4.60 km

Hauptlauf

Category:

Männer U35

Total time: 28:28

Speed: 8.43 km/h

Running performance: 6:11 min/km

Rank in course/Total: 24 (of 36)

Rank in course/Men: 21 (of 29)

Best time in course: 16:51

Rank in category: 7(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	14:00	6:05	7	5:53	24	5:53	2.30	14:00	6:05	7	5:53	24	5:53
Finish	2.30	14:28	6:17	7	5:44	21	5:44	4.60	28:28	6:11	7	11:37	21	11:37