



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Bommer, Gerd

Club: Amt Wachsenburg

Number: 32

Course: 4.60 km

Hauptlauf

Category:

Männer U60

Total time: 29:22

Speed: 8.17 km/h

Running performance: 6:23 min/km

Rank in course/Total: 26 (of 36)

Rank in course/Men: 23 (of 29)

Best time in course: 16:51

Rank in category: 1(of 1)

Best time in the category: 29:22

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	14:47	6:25	1	-	27	6:40	2.30	14:47	6:25	1	-	27	6:40
Finish	2.30	14:35	6:20	1	-	22	5:51	4.60	29:22	6:23	1	-	23	12:31