



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Stengel, Marcus

Club: HAW Hamburg

Number: 13

Course: 4.60 km

Hauptlauf

Category:

Männer

Total time: 29:29

Speed: 8.14 km/h

Running performance: 6:25 min/km

Rank in course/Total: 27 (of 36)

Rank in course/Men: 24 (of 29)

Best time in course: 16:51

Rank in category: 3(of 4)

Best time in the category: 22:14

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	13:49	6:00	4	3:08	23	5:42	2.30	13:49	6:00	4	3:08	23	5:42
Finish	2.30	15:40	6:48	3	4:07	25	6:56	4.60	29:29	6:24	3	7:15	24	12:38