



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Rosipal, Michael

Club: Arnstadt

Number: 11

Course: 4.60 km

Hauptlauf

Category:

Männer

Total time: 29:37

Speed: 8.10 km/h

Running performance: 6:26 min/km

Rank in course/Total: 28 (of 36)

Rank in course/Men: 25 (of 29)

Best time in course: 16:51

Rank in category: 4(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	12:48	5:33	3	2:07	18	4:41	2.30	12:48	5:33	3	2:07	18	4:41
Finish	2.30	16:49	7:18	4	5:16	27	8:05	4.60	29:37	6:26	4	7:23	25	12:46