



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Rau, Leon

Club: Holzhausen

Number: 23

Course: 4.60 km

Hauptlauf

Category:

Jugendliche U18

Total time: 29:50

Speed: 8.04 km/h

Running performance: 6:29 min/km

Rank in course/Total: 29 (of 36)

Rank in course/Men: 26 (of 29)

Best time in course: 16:51

Rank in category: 5(of 5)

Best time in the category: 19:10

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	14:04	6:06	4	4:40	25	5:57	2.30	14:04	6:06	4	4:40	25	5:57
Finish	2.30	15:46	6:51	5	6:00	26	7:02	4.60	29:50	6:29	5	10:40	26	12:59