



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Hess, Christian

Club: SK Ictershausen

Number: 30

Course: 4.60 km

Hauptlauf

Category:

Männer U40

Total time: 30:15

Speed: 7.93 km/h

Running performance: 6:35 min/km

Rank in course/Total: 30 (of 36)

Rank in course/Men: 27 (of 29)

Best time in course: 16:51

Rank in category: 2(of 2)

Best time in the category: 24:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.30	13:24	5:49	2	1:01	21	5:17	2.30	13:24	5:49	2	1:01	21	5:17
Finish	2.30	16:51	7:19	2	4:34	28	8:07	4.60	30:15	6:34	2	5:35	27	13:24