



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Thüsing, Carina

Club: Amt Wachsenburg

Number: 16

Course: 4.60 km

Hauptlauf

Category:

Frauen U50

Total time: 32:44

Speed: 7.33 km/h

Running performance: 7:07 min/km

Rank in course/Total: 31 (of 36)

Rank in course/Women: 4 (of 7)

Best time in course: 23:18

Rank in category: 1(of 2)

Best time in the category: 32:44

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Runde	2.30	16:07	7:00	1	-	4	4:51	2.30	16:07	7:00	1	-	4	4:51
Finish	2.30	16:37	7:13	1	-	4	4:35	4.60	32:44	7:06	1	-	5	12:25