



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Menge, Simone

Club: Amt Wachsenburg

Number: 9

Course: 4.60 km

Hauptlauf

Category:

Frauen U50

Total time: 32:44

Speed: 8.43 km/h

Running performance: 7:07 min/km

Rank in course/Total: 32 (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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind 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