



# Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

## Detailed evaluation

**Kosmetschke, Ralf**

Club: Team Formtief

Number: 8

Course: 4.60 km

Hauptlauf

Category:

Männer U35

Total time: 34:55

Speed: 6.87 km/h

Running performance: 7:35 min/km

Rank in course/Total: 33 (of 36)

Rank in course/Men: 28 (of 29)

Best time in course: 16:51

Rank in category: 8(of 8)

Best time in the category: 16:51

## 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	20:19	8:50	8	12:12	29	12:12	2.30	20:19	8:50	8	12:12	29	12:12
Finish	2.30	14:36	6:20	8	5:52	23	5:52	4.60	34:55	7:35	8	18:04	28	18:04