



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Winter, Torsten

Club: SV Ictershausen Gewinner Facebook
Number: 20

Course: 4.60 km

Hauptlauf

Category:

Männer U45

Total time: 21:40

Speed: 11.08 km/h

Running performance: 4:43 min/km

Rank in course/Total: 5 (of 36)

Rank in course/Men: 4 (of 29)

Best time in course: 16:51

Rank in category: 1(of 2)

Best time in the category: 21:40

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	10:21	4:30	1	-	5	2:14	2.30	10:21	4:30	1	-	5	2:14
Finish	2.30	11:19	4:55	1	-	4	2:35	4.60	21:40	4:42	1	-	4	4:49