



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Regel, Achim

Club: Berliner TSC

Number: 31

Course: 4.60 km

Hauptlauf

Category:

Männer U50

Total time: 22:04

Speed: 10.88 km/h

Running performance: 4:48 min/km

Rank in course/Total: 6 (of 36)

Rank in course/Men: 6 (of 29)

Best time in course: 16:51

Rank in category: 2(of 4)

Best time in the category: 21:40

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	10:18	4:28	1	-	4	2:11	2.30	10:18	4:28	1	-	4	2:11
Finish	2.30	11:46	5:06	2	0:27	8	3:02	4.60	22:04	4:47	2	0:24	6	5:13