



Wachsenburg-CROSSing 4km Lauf

Amt Wachsenburg / 13.09.2015

Detailed evaluation

Schmied, Sirko

Club: SV Eintracht Frankenhain

Number: 12

Course: 4.60 km

Hauptlauf

Category:

Männer

Total time: 22:14

Speed: 10.79 km/h

Running performance: 4:50 min/km

Rank in course/Total: 7 (of 36)

Rank in course/Men: 7 (of 29)

Best time in course: 16:51

Rank in category: 1(of 4)

Best time in the category: 22:14

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	10:41	4:38	1	-	7	2:34	2.30	10:41	4:38	1	-	7	2:34
Finish	2.30	11:33	5:01	1	-	6	2:49	4.60	22:14	4:50	1	-	7	5:23