



Wachsenburg-Crossing
Amt Wachsenburg / 11.09.2016

Detailed evaluation

Freitag, Roman

Club: Katholische Laufjugend Arnstadt
Number: 203

Course: 10.00 km
Hauptlauf (Profiläufer)

Category:
Männer U35

Total time: 46:26

Speed: 12.92 km/h
Running performance: 4:38 min/km

Rank in course/Total: 4 (of 27)

Rank in course/Men: 4 (of 22)

Best time in course: 38:31

Rank in category: 2(of 4)

Best time in the category: 38:31

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	5.00	22:50	4:33	2	4:39	6	4:39	5.00	22:50	4:33	2	4:39	6	4:39
Finish	5.00	23:36	4:43	2	3:16	4	3:16	10.00	46:26	4:38	2	7:55	4	7:55