



Wachsenburg-Crossing
Amt Wachsenburg / 11.09.2016

Detailed evaluation

Höroid, Ronny

Club: Amt Wachsenburg
Number: 206

Course: 10.00 km
Hauptlauf (Profiläufer)

Category:
Männer U45

Total time: 55:30

Speed: 10.81 km/h
Running performance: 5:33 min/km

Rank in course/Total: 9 (of 27)

Rank in course/Men: 7 (of 22)

Best time in course: 38:31

Rank in category: 1(of 2)

Best time in the category: 55:30

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	26:17	5:15	1	-	8	8:06	5.00	26:17	5:15	1	-	8	8:06
Finish	5.00	29:13	5:50	1	-	7	8:53	10.00	55:30	5:32	1	-	7	16:59