



10. Kirschlauf  
Kleinfahrer / 13.06.2010

Detailed evaluation

Münch, Heiko

Club: sc,impuls.erfurt  
Number: 133

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:01:28

Speed: 13.67 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 14 (of 252)

Rank in course/Men: 14 (of 198)

Best time in course: 52:16

Rank in category: 5(of 50)

Best time in the category: 59:10

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
Posten	8.30	36:04	4:20	5	1:14	13	5:18	8.30	36:04	4:20	30		14	5:18
Finish	5.70	25:24	4:27	4	1:15	18	3:54	14.00	1:01:28	4:23	5	2:18	14	9:12