



10. Kirschlauf  
Kleinfahrer / 13.06.2010

Detailed evaluation

Almeroth, Lutz

Club: LTV Erfurt  
Number: 246

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:03:40

Speed: 13.19 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 24 (of 252)

Rank in course/Men: 24 (of 198)

Best time in course: 52:16

Rank in category: 7(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	37:35	4:31	6	2:45	21	6:49	8.30	37:35	4:31	32		24	6:49
Finish	5.70	26:05	4:34	6	1:56	24	4:35	14.00	1:03:40	4:32	7	4:30	24	11:24