



10. Kirschlauf  
Kleinfahrer / 13.06.2010

Detailed evaluation

Sickel, Steffen

Club: Oskars Läufer  
Number: 33

Course: 14.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:07:06

Speed: 12.52 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 42 (of 252)

Rank in course/Men: 41 (of 198)

Best time in course: 52:16

Rank in category: 10(of 31)

Best time in the category: 1:01:26

Intermediate times

Stage score

Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Posten  | 8.30        | 39:25         | 4:44            | 10          | 3:06           | 39          | 8:39          | 8.30          | 39:25         | 4:44            | 23          |                | 41         | 8:39          |
| Finish  | 5.70        | 27:41         | 4:51            | 9           | 2:34           | 41          | 6:11          | 14.00         | 1:07:06       | 4:47            | 10          | 5:40           | 41         | 14:50         |