



10. Kirschlauf
Kleinfahrer / 13.06.2010

Detailed evaluation

Ellinger, Dirk

Club: GutsMuths Rennsteiglaufverein
Number: 68

Course: 14.00 km
Hauptlauf

Category:
Männer M45

Total time: 1:16:20

Speed: 11.00 km/h
Running performance: 5:27 min/km

Rank in course/Total: 107 (of 252)

Rank in course/Men: 101 (of 198)

Best time in course: 52:16

Rank in category: 28(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 | 44:29 | 5:21 | 28 | 9:39 | 96 | 13:43 | 8.30 | 44:29 | 5:21 | 4 | | 101 | 13:43 |
| Finish | 5.70 | 31:51 | 5:35 | 31 | 7:42 | 110 | 10:21 | 14.00 | 1:16:20 | 5:27 | 29 | 17:10 | 102 | 24:04 |