



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