



10. Kirschlauf
Kleinfahrer / 13.06.2010

Detailed evaluation

Heise, Ralf

Club: SC Impuls Erfurt
Number: 142

Course: 14.00 km
Hauptlauf

Category:
Männer M30

Total time: 1:16:23

Speed: 11.00 km/h
Running performance: 5:28 min/km

Rank in course/Total: 108 (of 252)

Rank in course/Men: 102 (of 198)

Best time in course: 52:16

Rank in category: 8(of 14)

Best time in the category: 55:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Posten	8.30	45:09	5:26	8	12:35	101	14:23	8.30	45:09	5:26	8	12:35	102	14:23
Finish	5.70	31:14	5:28	8	8:26	102	9:44	14.00	1:16:23	5:27	8	21:01	103	24:07