



10. Kirschlauf
Kleinfahrer / 13.06.2010

Detailed evaluation

Adam, Wolfgang

Club: sc impuls Erfurt
Number: 220

Course: 14.00 km
Hauptlauf

Category:
Männer M45

Total time: 1:17:52

Speed: 10.79 km/h
Running performance: 5:34 min/km

Rank in course/Total: 113 (of 252)

Rank in course/Men: 106 (of 198)

Best time in course: 52:16

Rank in category: 30(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 km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Posten	8.30	45:39	5:29	30	10:49	108	14:53	8.30	45:39	5:29	6		106	14:53
Finish	5.70	32:13	5:39	33	8:04	115	10:43	14.00	1:17:52	5:33	31	18:42	107	25:36