



10. Kirschlauf  
Kleinfahrer / 13.06.2010

Detailed evaluation

Rasch, Holger

Club: SV Mihla  
Number: 236

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:20:51

Speed: 10.39 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 142 (of 252)

Rank in course/Men: 131 (of 198)

Best time in course: 52:16

Rank in category: 36(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	48:26	5:50	40	13:36	139	17:40	8.30	48:26	5:50	12	0:24	131	17:40
Finish	5.70	32:25	5:41	34	8:16	120	10:55	14.00	1:20:51	5:46	37	21:41	132	28:35