



10. Kirschlauf
Kleinfahrer / 13.06.2010

Detailed evaluation

Rasch, Ingo

Club: Laufgruppe E9 Aktivpark
Number: 98

Course: 14.00 km
Hauptlauf

Category:
Männer M40

Total time: 1:28:48

Speed: 9.46 km/h
Running performance: 6:20 min/km

Rank in course/Total: 186 (of 252)

Rank in course/Men: 160 (of 198)

Best time in course: 52:16

Rank in category: 24(of 31)

Best time in the category: 1:01:26

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	52:04	6:16	25	15:45	161	21:18	8.30	52:04	6:16	9	10:23	160	21:18
Finish	5.70	36:44	6:26	23	11:37	161	15:14	14.00	1:28:48	6:20	24	27:22	161	36:32