



12. Kirschlauf des USV Erfurt
Kleinfahrer / 24.06.2012

Detailed evaluation

Ellinger, Dirk

Club: GutsMuths Rennsteiglaufverein
Number: 119

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:16:32

Speed: 10.98 km/h
Running performance: 5:28 min/km

Rank in course/Total: 80 (of 245)

Rank in course/Men: 77 (of 182)

Best time in course: 53:26

Rank in category: 12(of 33)

Best time in the category: 1:01:54

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Posten	8.30	44:26	5:21	13	8:19	82	12:43	8.30	44:26	5:21	23		76	12:43
Finish	5.70	32:06	5:37	12	6:19	73	10:23	14.00	1:16:32	5:28	12	14:38	77	23:06