



12. Kirschlauf des USV Erfurt  
Kleinfahrer / 24.06.2012

Detailed evaluation

Heise, Ralf

Club: SC Impuls Erfurt  
Number: 152

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:19:42

Speed: 10.54 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 103 (of 245)

Rank in course/Men: 97 (of 182)

Best time in course: 53:26

Rank in category: 10(of 21)

Best time in the category: 55:43

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	46:57	5:39	10	14:13	105	15:14	8.30	46:57	5:39	13		96	15:14
Finish	5.70	32:45	5:44	9	9:46	80	11:02	14.00	1:19:42	5:41	10	23:59	97	26:16