



12. Kirschlauf des USV Erfurt  
Kleinfahrer / 24.06.2012

Detailed evaluation

**Spranger, Steffen**

Club: Joho-Stützerbach  
Number: 244

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:20:18

Speed: 10.46 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 105 (of 245)

Rank in course/Men: 99 (of 182)

Best time in course: 53:26

Rank in category: 12(of 21)

Best time in the category: 57:20

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	46:14	5:34	12	12:45	102	14:31	8.30	46:14	5:34	1	-	98	14:31
Finish	5.70	34:04	5:58	10	10:13	94	12:21	14.00	1:20:18	5:44	12	22:58	99	26:52