



13. Kirschlauf
Kleinfahner / 16.06.2013

Detailed evaluation

Ecklebe, Frank

Club: Running Team Köstritz
Number: 59

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:12:09

Speed: 11.64 km/h
Running performance: 5:09 min/km

Rank in course/Total: 78 (of 256)

Rank in course/Men: 74 (of 185)

Best time in course: 48:53

Rank in category: 16(of 32)

Best time in the category: 57:06

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Posten	7.50	44:13	5:53	15	9:39	75	14:33	7.50	44:13	5:53	18		77	3:32
Finish	6.50	27:56	4:17	14	5:24	67	8:43	14.00	1:12:09	5:09	16	15:03	74	23:16