



13. Kirschlauf
Kleinfahrer / 16.06.2013

Detailed evaluation

Spranger, Steffen

Club: JOHO Stützerbach
Number: 258

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:15:57

Speed: 11.06 km/h
Running performance: 5:25 min/km

Rank in course/Total: 100 (of 256)

Rank in course/Men: 93 (of 185)

Best time in course: 48:53

Rank in category: 11(of 26)

Best time in the category: 51:54

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	7.50	46:07	6:08	12	14:59	89	16:27	7.50	46:07	6:08	14		94	5:26
Finish	6.50	29:50	4:35	12	9:04	96	10:37	14.00	1:15:57	5:25	11	24:03	93	27:04