



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |