



13. Kirschlauf  
Kleinfahrer / 16.06.2013

Detailed evaluation

Stephan, Guido

Club: MTV 1860 Erfurt  
Number: 169

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:17:28

Speed: 10.84 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 113 (of 256)

Rank in course/Men: 103 (of 185)

Best time in course: 48:53

Rank in category: 18(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.	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	46:15	6:10	17	11:41	93	16:35	7.50	46:15	6:10	16	0:33	104	5:34
Finish	6.50	31:13	4:48	20	8:41	117	12:00	14.00	1:17:28	5:31	18	20:22	103	28:35