



13. Kirschlauf
Kleinfahrer / 16.06.2013

Detailed evaluation

Rienäcker, Holger

Club: TEAM IRON MIND
Number: 147

Course: 14.00 km
Hauptlauf

Category:
Männer (20-29 Jahre)

Total time: 1:24:00

Speed: 10.00 km/h
Running performance: 6:00 min/km

Rank in course/Total: 172 (of 256)

Rank in course/Men: 142 (of 185)

Best time in course: 48:53

Rank in category: 21(of 23)

Best time in the category: 48:53

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	52:19	6:58	21	22:39	149	22:39	7.50	52:19	6:58	4	12:29	139	11:38
Finish	6.50	31:41	4:52	19	12:28	121	12:28	14.00	1:24:00	6:00	21	35:07	142	35:07