



13. Kirschlauf
Kleinfahrer / 16.06.2013

Detailed evaluation

Gerhardt, Frank

Club: Seelow
Number: 9

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:24:10

Speed: 9.98 km/h
Running performance: 6:01 min/km

Rank in course/Total: 174 (of 256)

Rank in course/Men: 144 (of 185)

Best time in course: 48:53

Rank in category: 24(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	51:14	6:49	23	16:40	139	21:34	7.50	51:14	6:49	10	5:32	141	10:33
Finish	6.50	32:56	5:03	23	10:24	138	13:43	14.00	1:24:10	6:00	24	27:04	144	35:17