



13. Kirschlauf
Kleinfahrer / 16.06.2013

Detailed evaluation

Cramer, Ralf

Club: Tonna
Number: 37

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:26:38

Speed: 9.70 km/h
Running performance: 6:11 min/km

Rank in course/Total: 189 (of 256)

Rank in course/Men: 155 (of 185)

Best time in course: 48:53

Rank in category: 25(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	50:32	6:44	23	19:24	134	20:52	7.50	50:32	6:44	2	3:14	152	9:51
Finish	6.50	36:06	5:33	24	15:20	163	16:53	14.00	1:26:38	6:11	25	34:44	155	37:45