



13. Kirschlauf  
Kleinfahrer / 16.06.2013

Detailed evaluation

Appelfelder, Michael

Club: LAV Saale-Rennsteig  
Number: 190

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:36:08

Speed: 8.74 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 232 (of 256)

Rank in course/Men: 173 (of 185)

Best time in course: 48:53

Rank in category: 14(of 14)

Best time in the category: 56:51

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	57:39	7:41	13	23:05	168	27:59	7.50	57:39	7:41	14	3:38	170	16:58
Finish	6.50	38:29	5:55	14	16:12	171	19:16	14.00	1:36:08	6:52	14	39:17	173	47:15