



15. Kirschlauf
Kleinfahrer / 14.06.2015

Detailed evaluation

Lauterbach, Helge

Club: SSV Erfurt 02
Number: 147

Course: 14.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:07:35

Speed: 12.43 km/h
Running performance: 4:50 min/km

Rank in course/Total: 30 (of 218)

Rank in course/Men: 28 (of 170)

Best time in course: 51:37

Rank in category: 3(of 15)

Best time in the category: 1:03:21

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
Kontrolle	7.50	42:30	5:40	4	3:08	33	10:40	7.50	42:30	5:40	4	3:08	33	10:40
Finish	6.50	25:05	3:51	4	1:06	26	5:18	14.00	1:07:35	4:49	3	4:14	28	15:58