



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 | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-----------|-------|-------|--------|------|--------|-----|--------|-------|---------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | 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 |