



15. Kirschlauf
Kleinfahner / 14.06.2015

Detailed evaluation

Held, Thoralf

Club: Hochschule EAH Jena
Number: 228

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:14:07

Speed: 11.33 km/h
Running performance: 5:17 min/km

Rank in course/Total: 71 (of 218)

Rank in course/Men: 67 (of 170)

Best time in course: 51:37

Rank in category: 8(of 23)

Best time in the category: 57:34

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	45:24	6:03	9	9:32	65	13:34	7.50	45:24	6:03	9	9:32	65	13:34
Finish	6.50	28:43	4:25	10	7:01	80	8:56	14.00	1:14:07	5:17	8	16:33	67	22:30