



15. Kirschlauf
Kleinfahner / 14.06.2015

Detailed evaluation

Ecklebe, Frank

Club: Köstritzer Running Team
Number: 39

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:14:53

Speed: 11.22 km/h
Running performance: 5:21 min/km

Rank in course/Total: 78 (of 218)

Rank in course/Men: 73 (of 170)

Best time in course: 51:37

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle	7.50	47:10	6:17	12	11:18	78	15:20	7.50	47:10	6:17	12	11:18	78	15:20
Finish	6.50	27:43	4:15	5	6:01	59	7:56	14.00	1:14:53	5:20	10	17:19	73	23:16