



15. Kirschlauf
Kleinfahner / 14.06.2015

Detailed evaluation

Nowak, Jens

Club: Walschberg Runners
Number: 209

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:21:57

Speed: 10.25 km/h
Running performance: 5:51 min/km

Rank in course/Total: 135 (of 218)

Rank in course/Men: 119 (of 170)

Best time in course: 51:37

Rank in category: 13(of 22)

Best time in the category: 1:05:11

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	52:44	7:01	14	12:44	127	20:54	7.50	52:44	7:01	14	12:44	127	20:54
Finish	6.50	29:13	4:29	8	4:58	88	9:26	14.00	1:21:57	5:51	13	16:46	119	30:20