



16. Kirschlauf
Kleinfahrer / 12.06.2016

Detailed evaluation

Almeroth, Lutz

Club: LTV Erfurt
Number: 146

Course: 14.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:08:22

Speed: 12.29 km/h
Running performance: 4:53 min/km

Rank in course/Total: 23 (of 158)

Rank in course/Men: 22 (of 120)

Best time in course: 49:18

Rank in category: 2(of 15)

Best time in the category: 1:01:28

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	42:36	5:40	2	4:17	22	10:46	7.50	42:36	5:40	2	4:17	22	10:46
Finish	6.50	25:46	3:57	2	2:37	19	8:18	14.00	1:08:22	4:52	2	6:54	22	19:04