



16. Kirschlauf
Kleinfahrer / 12.06.2016

Detailed evaluation

Ernst, Sebastian

Club: Ingelheim
Number: 17

Course: 14.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:11:23

Speed: 11.77 km/h
Running performance: 5:06 min/km

Rank in course/Total: 30 (of 158)

Rank in course/Men: 29 (of 120)

Best time in course: 49:18

Rank in category: 4(of 11)

Best time in the category: 51:24

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	44:27	5:55	4	12:37	29	12:37	7.50	44:27	5:55	4	12:37	29	12:37
Finish	6.50	26:56	4:08	4	7:22	30	9:28	14.00	1:11:23	5:05	4	19:59	29	22:05