



16. Kirschlauf  
Kleinfahrer / 12.06.2016

Detailed evaluation

Friedrich, Karsten

Club: Gebesee  
Number: 142

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:17:20

Speed: 10.86 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 56 (of 158)

Rank in course/Men: 53 (of 120)

Best time in course: 49:18

Rank in category: 8(of 16)

Best time in the category: 1:00:44

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	48:11	6:25	9	9:59	51	16:21	7.50	48:11	6:25	9	9:59	51	16:21
Finish	6.50	29:09	4:29	6	6:37	53	11:41	14.00	1:17:20	5:31	8	16:36	53	28:02