



16. Kirschlauf
Kleinfahner / 12.06.2016

Detailed evaluation

Assig, Matthias

Club: RhodeRunner
Number: 51

Course: 14.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:19:19

Speed: 10.59 km/h
Running performance: 5:40 min/km

Rank in course/Total: 68 (of 158)

Rank in course/Men: 63 (of 120)

Best time in course: 49:18

Rank in category: 7(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	49:29	6:35	6	11:10	59	17:39	7.50	49:29	6:35	6	11:10	59	17:39
Finish	6.50	29:50	4:35	6	6:41	63	12:22	14.00	1:19:19	5:39	7	17:51	63	30:01