



16. Kirschlauf
Kleinfahrer / 12.06.2016

Detailed evaluation

Adams, Ralph

Club: Erfurt
Number: 12

Course: 14.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:29:21

Speed: 9.40 km/h
Running performance: 6:23 min/km

Rank in course/Total: 108 (of 158)

Rank in course/Men: 90 (of 120)

Best time in course: 49:18

Rank in category: 14(of 18)

Best time in the category: 1:01:15

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	53:53	7:11	14	15:37	86	22:03	7.50	53:53	7:11	14	15:37	86	22:03
Finish	6.50	35:28	5:27	14	12:29	101	18:00	14.00	1:29:21	6:22	14	28:06	90	40:03