



17. Kirschlauf  
Kleinfahner / 18.06.2017

Detailed evaluation

**BENISCHKE, Marian**

Club: WalschbergRunners  
Number: 35

Course: 14.15 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:23:59

Speed: 10.00 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 108 (of 164)

Rank in course/Men: 96 (of 129)

Best time in course: 49:27

Rank in category: 7(of 11)

Best time in the category: 54:32

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	8.63	53:47	6:13	3	19:48	23	19:49	8.63	53:47	6:13	3	19:48	23	19:49
Finish	5.52	30:12	5:28	2	9:39	16	10:29	14.15	1:23:59	5:56	7	29:27	96	34:32