



17. Kirschlauf
Kleinfahrer / 18.06.2017

Detailed evaluation

NOWAK, Jens

Club: WalschbergRunner
Number: 70

Course: 14.15 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:24:00

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

Rank in course/Total: 111 (of 164)

Rank in course/Men: 99 (of 129)

Best time in course: 49:27

Rank in category: 16(of 18)

Best time in the category: 1:00:49

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	fehlt!	-	-	-	-	-	8.63	-	-	-	-	-	-
Finish	5.52	1:24:00	15:13	16	56:20	107	1:04:17	14.15	1:24:00	5:56	16	23:11	99	34:33