



18. Kirschlauf  
Kleinfahrer / 17.06.2018

Detailed evaluation

Rose, Maik

Club: Laufteam Lucia und Hans  
Number: 168

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:06:42

Speed: 12.59 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 28 (of 164)

Rank in course/Men: 26 (of 124)

Best time in course: 47:12

Rank in category: 4(of 19)

Best time in the category: 1:04:53

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle	5.80	28:24	4:53	3	0:40	25	8:15	5.80	28:24	4:53	3	0:40	25	8:15
Finish	8.20	38:18	4:40	4	1:44	25	11:15	14.00	1:06:42	4:45	4	1:49	26	19:30