



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. | Stage score | | Total ranking | | | | | | |
|-----------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | 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 |