



18. Kirschlauf
Kleinfahrer / 17.06.2018

Detailed evaluation

Nürnberger, Dirk

Club: SV Empor Langensalza
Number: 148

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:08:57

Speed: 12.18 km/h
Running performance: 4:55 min/km

Rank in course/Total: 33 (of 164)

Rank in course/Men: 31 (of 124)

Best time in course: 47:12

Rank in category: 5(of 19)

Best time in the category: 1:04:53

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Kontrolle	5.80	29:39	5:06	5	1:55	33	9:30	5.80	29:39	5:06	5	1:55	33	9:30
Finish	8.20	39:18	4:47	5	2:44	32	12:15	14.00	1:08:57	4:55	5	4:04	31	21:45