



18. Kirschlauf
Kleinfahrer / 17.06.2018

Detailed evaluation

Rademacher, Frank

Club: Kenias letzte Reserve
Number: 137

Course: 14.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:09:46

Speed: 12.04 km/h
Running performance: 4:59 min/km

Rank in course/Total: 37 (of 164)

Rank in course/Men: 35 (of 124)

Best time in course: 47:12

Rank in category: 4(of 15)

Best time in the category: 50:24

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	28:10	4:51	4	6:44	21	8:01	5.80	28:10	4:51	4	6:44	21	8:01
Finish	8.20	41:36	5:04	5	12:38	49	14:33	14.00	1:09:46	4:59	4	19:22	35	22:34