



18. Kirschlauf
Kleinfahner / 17.06.2018

Detailed evaluation

Thomas, Christian

Club: LAV Saale-Rennsteig
Number: 65

Course: 14.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:10:18

Speed: 11.95 km/h
Running performance: 5:01 min/km

Rank in course/Total: 39 (of 164)

Rank in course/Men: 37 (of 124)

Best time in course: 47:12

Rank in category: 5(of 15)

Best time in the category: 50:24

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	5.80	30:19	5:13	5	8:53	38	10:10	5.80	30:19	5:13	5	8:53	38	10:10
Finish	8.20	39:59	4:52	4	11:01	34	12:56	14.00	1:10:18	5:01	5	19:54	37	23:06