



18. Kirschlauf
Kleinfahrer / 17.06.2018

Detailed evaluation

Lauterbach, Helge

Club: SSV Erfurt 02
Number: 89

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:12:46

Speed: 11.54 km/h
Running performance: 5:12 min/km

Rank in course/Total: 52 (of 164)

Rank in course/Men: 49 (of 124)

Best time in course: 47:12

Rank in category: 3(of 13)

Best time in the category: 1:04:02

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	31:50	5:29	3	3:38	55	11:41	5.80	31:50	5:29	3	3:38	55	11:41
Finish	8.20	40:56	4:59	3	5:06	41	13:53	14.00	1:12:46	5:11	3	8:44	49	25:34