



18. Kirschlauf  
Kleinfahrer / 17.06.2018

Detailed evaluation

Friedrich, Karsten

Club: Gebesee  
Number: 117

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:13:25

Speed: 11.44 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 58 (of 164)

Rank in course/Men: 53 (of 124)

Best time in course: 47:12

Rank in category: 11(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle	5.80	31:16	5:23	9	3:32	45	11:07	5.80	31:16	5:23	9	3:32	45	11:07
Finish	8.20	42:09	5:08	11	5:35	53	15:06	14.00	1:13:25	5:14	11	8:32	53	26:13