



18. Kirschlauf
Kleinfahner / 17.06.2018

Detailed evaluation

Holzhaus, Reiner

Club: LAV Saale Rennsteig/Kamsdorf
Number: 38

Course: 14.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:15:44

Speed: 11.09 km/h
Running performance: 5:25 min/km

Rank in course/Total: 69 (of 164)

Rank in course/Men: 63 (of 124)

Best time in course: 47:12

Rank in category: 9(of 15)

Best time in the category: 1:08:44

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	31:32	5:26	6	2:18	51	11:23	5.80	31:32	5:26	6	2:18	51	11:23
Finish	8.20	44:12	5:23	12	5:47	70	17:09	14.00	1:15:44	5:24	9	7:00	63	28:32