



18. Kirschlauf  
Kleinfahrer / 17.06.2018

Detailed evaluation

Kästner, Bernd

Club: Mittwochslaufgruppe  
Number: 49

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:19:13

Speed: 10.60 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 88 (of 164)

Rank in course/Men: 78 (of 124)

Best time in course: 47:12

Rank in category: 5(of 10)

Best time in the category: 1:10:26

Intermediate times

Stage score

Total ranking

| Control   | Intermediate times |            |              |          | Stage score |         |            |          | Total ranking |              |          |             |         |            |
|-----------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
|           | 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               | 34:06      | 5:52         | 5        | 3:43        | 80      | 13:57      | 5.80     | 34:06         | 5:52         | 5        | 3:43        | 80      | 13:57      |
| Finish    | 8.20               | 45:07      | 5:30         | 5        | 5:04        | 79      | 18:04      | 14.00    | 1:19:13       | 5:39         | 5        | 8:47        | 78      | 32:01      |