



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Lehniger, Tino

Club: Volkssport Tangermünde
Number: 143

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 59:16

Speed: 14.17 km/h
Running performance: 4:14 min/km

Rank in course/Total: 4 (of 179)

Rank in course/Men: 4 (of 128)

Best time in course: 53:19

Rank in category: 1(of 18)

Best time in the category: 59:16

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	25:30	4:23	1	-	4	2:48	5.80	25:30	4:23	1	-	4	2:48
Finish	8.20	33:46	4:07	1	-	4	3:09	14.00	59:16	4:14	1	-	4	5:57