



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Föt, Sören

Club: GutsMuths Rennsteiglaufverein
Number: 34

Course: 14.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 59:50

Speed: 14.04 km/h
Running performance: 4:16 min/km

Rank in course/Total: 5 (of 179)

Rank in course/Men: 5 (of 128)

Best time in course: 53:19

Rank in category: 1(of 11)

Best time in the category: 59:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle	5.80	25:31	4:23	1	-	5	2:49	5.80	25:31	4:23	1	-	5	2:49
Finish	8.20	34:19	4:11	2	0:05	7	3:42	14.00	59:50	4:16	1	-	5	6:31