



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Fuhrmann, Martin

Club: Laufladen Erfurt  
Number: 161

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:00:30

Speed: 13.88 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 7 (of 179)

Rank in course/Men: 7 (of 128)

Best time in course: 53:19

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle	5.80	26:16	4:31	2	0:45	7	3:34	5.80	26:16	4:31	2	0:45	7	3:34
Finish	8.20	34:14	4:10	1	-	6	3:37	14.00	1:00:30	4:19	2	0:40	7	7:11