



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Gräfe, Michael

Club: FC An der Fahner Höhe
Number: 127

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:02:17

Speed: 13.49 km/h
Running performance: 4:27 min/km

Rank in course/Total: 9 (of 179)

Rank in course/Men: 9 (of 128)

Best time in course: 53:19

Rank in category: 2(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	26:53	4:38	2	1:23	10	4:11	5.80	26:53	4:38	2	1:23	10	4:11
Finish	8.20	35:24	4:19	3	1:38	10	4:47	14.00	1:02:17	4:26	2	3:01	9	8:58