



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 |