



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

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Club: Sömmerdaer Gipfelstürmer  
Number: 109

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:02:24

Speed: 13.46 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 10 (of 179)

Rank in course/Men: 10 (of 128)

Best time in course: 53:19

Rank in category: 1(of 16)

Best time in the category: 1:02:24

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	26:21	4:32	1	-	8	3:39	5.80	26:21	4:32	1	-	8	3:39
Finish	8.20	36:03	4:23	1	-	13	5:26	14.00	1:02:24	4:27	1	-	10	9:05