



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Könitzer, Matthias

Club: Benshausen
Number: 134

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:03:20

Speed: 13.26 km/h
Running performance: 4:31 min/km

Rank in course/Total: 12 (of 179)

Rank in course/Men: 12 (of 128)

Best time in course: 53:19

Rank in category: 3(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 | 28:24 | 4:53 | 4 | 2:54 | 18 | 5:42 | 5.80 | 28:24 | 4:53 | 4 | 2:54 | 18 | 5:42 |
| Finish | 8.20 | 34:56 | 4:15 | 2 | 1:10 | 9 | 4:19 | 14.00 | 1:03:20 | 4:31 | 3 | 4:04 | 12 | 10:01 |