



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