



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Gand, Gerald

Club: Tiefthal  
Number: 36

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:03:24

Speed: 13.25 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 13 (of 179)

Rank in course/Men: 13 (of 128)

Best time in course: 53:19

Rank in category: 1(of 21)

Best time in the category: 1:03:24

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	27:41	4:46	1	-	14	4:59	5.80	27:41	4:46	1	-	14	4:59
Finish	8.20	35:43	4:21	1	-	12	5:06	14.00	1:03:24	4:31	1	-	13	10:05