



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Böhlau, Hans-Dieter

Club: GETrequest Runners
Number: 163

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:03:45

Speed: 13.18 km/h
Running performance: 4:33 min/km

Rank in course/Total: 14 (of 179)

Rank in course/Men: 14 (of 128)

Best time in course: 53:19

Rank in category: 4(of 18)

Best time in the category: 59:16

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle	5.80	27:10	4:41	3	1:40	12	4:28	5.80	27:10	4:41	3	1:40	12	4:28
Finish	8.20	36:35	4:27	4	2:49	17	5:58	14.00	1:03:45	4:33	4	4:29	14	10:26