



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Henße, Christopher

Club: TG Albertas Klimawiszys  
Number: 46

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:03:58

Speed: 13.13 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 15 (of 179)

Rank in course/Men: 15 (of 128)

Best time in course: 53:19

Rank in category: 3(of 11)

Best time in the category: 59:50

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	28:16	4:52	3	2:45	17	5:34	5.80	28:16	4:52	3	2:45	17	5:34
Finish	8.20	35:42	4:21	3	1:28	11	5:05	14.00	1:03:58	4:34	3	4:08	15	10:39