



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

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Club: RUN FOR FUN  
Number: 88

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:04:46

Speed: 12.97 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 18 (of 179)

Rank in course/Men: 17 (of 128)

Best time in course: 53:19

Rank in category: 2(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	28:13	4:51	2	0:32	16	5:31	5.80	28:13	4:51	2	0:32	16	5:31
Finish	8.20	36:33	4:27	2	0:50	16	5:56	14.00	1:04:46	4:37	2	1:22	17	11:27