



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Ahrens, André

Club: Erfurt  
Number: 5

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:05:58

Speed: 12.73 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 20 (of 179)

Rank in course/Men: 19 (of 128)

Best time in course: 53:19

Rank in category: 5(of 12)

Best time in the category: 57:45

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	28:27	4:54	5	3:55	19	5:45	5.80	28:27	4:54	5	3:55	19	5:45
Finish	8.20	37:31	4:34	5	4:18	20	6:54	14.00	1:05:58	4:42	5	8:13	19	12:39