



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Ernst, Beate

Club: Lauffeuer Fröttstedt
Number: 29

Course: 14.00 km
Hauptlauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:06:43

Speed: 12.59 km/h
Running performance: 4:46 min/km

Rank in course/Total: 23 (of 179)

Rank in course/Women: 2 (of 51)

Best time in course: 1:04:42

Rank in category: 1(of 4)

Best time in the category: 1:06:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Kontrolle	5.80	28:12	4:51	1	-	2	0:40	5.80	28:12	4:51	1	-	2	0:40
Finish	8.20	38:31	4:41	1	-	2	1:21	14.00	1:06:43	4:45	1	-	2	2:01