



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Adams, Ralph

Club: Erfurt  
Number: 1

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:06:51

Speed: 12.57 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 24 (of 179)

Rank in course/Men: 22 (of 128)

Best time in course: 53:19

Rank in category: 3(of 21)

Best time in the category: 1:00:22

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	29:04	5:00	4	3:22	23	6:22	5.80	29:04	5:00	4	3:22	23	6:22
Finish	8.20	37:47	4:36	3	3:07	22	7:10	14.00	1:06:51	4:46	3	6:29	22	13:32