



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Nehrig, Jörg

Club: Eisenach
Number: 68

Course: 14.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:06:56

Speed: 12.55 km/h
Running performance: 4:47 min/km

Rank in course/Total: 25 (of 179)

Rank in course/Men: 23 (of 128)

Best time in course: 53:19

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle	5.80	28:55	4:59	3	3:13	22	6:13	5.80	28:55	4:59	3	3:13	22	6:13
Finish	8.20	38:01	4:38	5	3:21	27	7:24	14.00	1:06:56	4:46	4	6:34	23	13:37