



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Birnstein, Olaf

Club: Chemnitz  
Number: 12

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:07:09

Speed: 12.51 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 26 (of 179)

Rank in course/Men: 24 (of 128)

Best time in course: 53:19

Rank in category: 5(of 21)

Best time in the category: 1:00:22

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	29:12	5:02	5	3:30	25	6:30	5.80	29:12	5:02	5	3:30	25	6:30
Finish	8.20	37:57	4:37	4	3:17	25	7:20	14.00	1:07:09	4:47	5	6:47	24	13:50