



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Kloß, Holger

Club: SG Jugendkraft Crawinkel e.V.
Number: 120

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:08:00

Speed: 12.35 km/h
Running performance: 4:52 min/km

Rank in course/Total: 29 (of 179)

Rank in course/Men: 27 (of 128)

Best time in course: 53:19

Rank in category: 5(of 18)

Best time in the category: 59:16

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	30:00	5:10	5	4:30	31	7:18	5.80	30:00	5:10	5	4:30	31	7:18
Finish	8.20	38:00	4:38	5	4:14	26	7:23	14.00	1:08:00	4:51	5	8:44	27	14:41