



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Rose, Maik

Club: Laufteam Lucia und Hans  
Number: 181

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:08:39

Speed: 12.24 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 31 (of 179)

Rank in course/Men: 29 (of 128)

Best time in course: 53:19

Rank in category: 3(of 21)

Best time in the category: 1:03:24

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	29:05	5:00	3	1:24	24	6:23	5.80	29:05	5:00	3	1:24	24	6:23
Finish	8.20	39:34	4:49	6	3:51	37	8:57	14.00	1:08:39	4:54	3	5:15	29	15:20