



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Bauer, Jörg

Club: Grundschule Ohrdruf
Number: 10

Course: 14.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:08:46

Speed: 12.22 km/h
Running performance: 4:55 min/km

Rank in course/Total: 32 (of 179)

Rank in course/Men: 30 (of 128)

Best time in course: 53:19

Rank in category: 2(of 16)

Best time in the category: 1:02:24

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 | 29:36 | 5:06 | 3 | 3:15 | 29 | 6:54 | 5.80 | 29:36 | 5:06 | 3 | 3:15 | 29 | 6:54 |
| Finish | 8.20 | 39:10 | 4:46 | 2 | 3:07 | 32 | 8:33 | 14.00 | 1:08:46 | 4:54 | 2 | 6:22 | 30 | 15:27 |