



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