



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Hartwig, Maik

Club: Free Runner Sömmerda
Number: 130

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:09:23

Speed: 12.11 km/h
Running performance: 4:58 min/km

Rank in course/Total: 33 (of 179)

Rank in course/Men: 31 (of 128)

Best time in course: 53:19

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle	5.80	32:23	5:34	8	4:42	61	9:41	5.80	32:23	5:34	8	4:42	61	9:41
Finish	8.20	37:00	4:30	3	1:17	19	6:23	14.00	1:09:23	4:57	4	5:59	31	16:04