



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Senf, Bernd

Club: Jena
Number: 91

Course: 14.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:09:40

Speed: 12.06 km/h
Running performance: 4:59 min/km

Rank in course/Total: 35 (of 179)

Rank in course/Men: 33 (of 128)

Best time in course: 53:19

Rank in category: 3(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	29:20	5:03	2	2:59	27	6:38	5.80	29:20	5:03	2	2:59	27	6:38
Finish	8.20	40:20	4:55	3	4:17	45	9:43	14.00	1:09:40	4:58	3	7:16	33	16:21