



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Thomas, Christian

Club: LAV Saale- Rennsteig
Number: 96

Course: 14.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:10:11

Speed: 11.97 km/h
Running performance: 5:01 min/km

Rank in course/Total: 41 (of 179)

Rank in course/Men: 39 (of 128)

Best time in course: 53:19

Rank in category: 5(of 11)

Best time in the category: 59:50

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	29:35	5:06	4	4:04	28	6:53	5.80	29:35	5:06	4	4:04	28	6:53
Finish	8.20	40:36	4:57	8	6:22	47	9:59	14.00	1:10:11	5:00	5	10:21	39	16:52