



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Pfeifer, Nils

Club: Laufteam Nurzen
Number: 71

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:10:11

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

Rank in course/Total: 42 (of 179)

Rank in course/Men: 39 (of 128)

Best time in course: 53:19

Rank in category: 5(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Kontrolle	5.80	30:50	5:18	4	3:09	41	8:08	5.80	30:50	5:18	4	3:09	41	8:08
Finish	8.20	39:21	4:47	5	3:38	33	8:44	14.00	1:10:11	5:00	5	6:47	39	16:52