



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Friedrich, Karsten

Club: Gebesee  
Number: 121

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:10:13

Speed: 11.96 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 43 (of 179)

Rank in course/Men: 41 (of 128)

Best time in course: 53:19

Rank in category: 6(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	31:20	5:24	5	3:39	46	8:38	5.80	31:20	5:24	5	3:39	46	8:38
Finish	8.20	38:53	4:44	4	3:10	30	8:16	14.00	1:10:13	5:00	6	6:49	41	16:54