



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Ernst, Marcel

Club: Lauffeuer Fröttstädt
Number: 30

Course: 14.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:11:04

Speed: 11.82 km/h
Running performance: 5:05 min/km

Rank in course/Total: 46 (of 179)

Rank in course/Men: 43 (of 128)

Best time in course: 53:19

Rank in category: 6(of 11)

Best time in the category: 59:50

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	31:34	5:26	7	6:03	49	8:52	5.80	31:34	5:26	7	6:03	49	8:52
Finish	8.20	39:30	4:49	4	5:16	35	8:53	14.00	1:11:04	5:04	6	11:14	43	17:45