



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Trautwein, Tobias

Club: Firefigther Muscle
Number: 99

Course: 14.00 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:11:38

Speed: 11.73 km/h
Running performance: 5:07 min/km

Rank in course/Total: 49 (of 179)

Rank in course/Men: 46 (of 128)

Best time in course: 53:19

Rank in category: 7(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	31:25	5:25	6	5:54	48	8:43	5.80	31:25	5:25	6	5:54	48	8:43
Finish	8.20	40:13	4:54	7	5:59	43	9:36	14.00	1:11:38	5:07	7	11:48	46	18:19