



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Bräske, Tino

Club: GutsMuths Rennsteiglaufverein
Number: 16

Course: 14.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:12:35

Speed: 11.57 km/h
Running performance: 5:11 min/km

Rank in course/Total: 54 (of 179)

Rank in course/Men: 51 (of 128)

Best time in course: 53:19

Rank in category: 8(of 12)

Best time in the category: 57:45

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 | 30:47 | 5:18 | 8 | 6:15 | 40 | 8:05 | 5.80 | 30:47 | 5:18 | 8 | 6:15 | 40 | 8:05 |
| Finish | 8.20 | 41:48 | 5:05 | 8 | 8:35 | 55 | 11:11 | 14.00 | 1:12:35 | 5:11 | 8 | 14:50 | 51 | 19:16 |