



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Krauß, Jan

Club: Dachwig
Number: 183

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:14:31

Speed: 11.27 km/h
Running performance: 5:19 min/km

Rank in course/Total: 66 (of 179)

Rank in course/Men: 59 (of 128)

Best time in course: 53:19

Rank in category: 7(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	32:21	5:34	7	4:40	60	9:39	5.80	32:21	5:34	7	4:40	60	9:39
Finish	8.20	42:10	5:08	7	6:27	58	11:33	14.00	1:14:31	5:19	7	11:07	59	21:12