



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Römhild, Jan-Olaf

Club: fit&fun
Number: 76

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:16:11

Speed: 11.03 km/h
Running performance: 5:26 min/km

Rank in course/Total: 73 (of 179)

Rank in course/Men: 64 (of 128)

Best time in course: 53:19

Rank in category: 9(of 21)

Best time in the category: 1:03:24

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	32:49	5:39	9	5:08	66	10:07	5.80	32:49	5:39	9	5:08	66	10:07
Finish	8.20	43:22	5:17	9	7:39	63	12:45	14.00	1:16:11	5:26	9	12:47	64	22:52