



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Ellinger, Dirk

Club: GutsMuths Rennsteiglaufverein
Number: 27

Course: 14.00 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:17:03

Speed: 10.90 km/h
Running performance: 5:30 min/km

Rank in course/Total: 78 (of 179)

Rank in course/Men: 69 (of 128)

Best time in course: 53:19

Rank in category: 15(of 21)

Best time in the category: 1:00:22

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	33:03	5:41	15	7:21	70	10:21	5.80	33:03	5:41	15	7:21	70	10:21
Finish	8.20	44:00	5:21	15	9:20	70	13:23	14.00	1:17:03	5:30	15	16:41	69	23:44