



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Ruhland, Christian

Club: Erfurt  
Number: 135

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:19:35

Speed: 10.55 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 91 (of 179)

Rank in course/Men: 80 (of 128)

Best time in course: 53:19

Rank in category: 10(of 11)

Best time in the category: 59:50

| 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     | 34:42      | 5:58         | 10          | 9:11        | 82      | 12:00      | 5.80          | 34:42      | 5:58         | 10       | 9:11        | 82      | 12:00      |
| Finish             | 8.20     | 44:53      | 5:28         | 10          | 10:39       | 80      | 14:16      | 14.00         | 1:19:35    | 5:41         | 10       | 19:45       | 80      | 26:16      |