



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.	Stage score		Total ranking						
						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