



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Stonek, Christian

Club: Arnstadt
Number: 94

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:20:13

Speed: 10.47 km/h
Running performance: 5:44 min/km

Rank in course/Total: 96 (of 179)

Rank in course/Men: 85 (of 128)

Best time in course: 53:19

Rank in category: 13(of 18)

Best time in the category: 59:16

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	35:05	6:02	13	9:35	86	12:23	5.80	35:05	6:02	13	9:35	86	12:23
Finish	8.20	45:08	5:30	10	11:22	81	14:31	14.00	1:20:13	5:43	13	20:57	85	26:54