



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|           |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |