



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Wolter, Steffen

Club: RennsteigSpirit.Training  
Number: 112

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:20:53

Speed: 10.39 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 102 (of 179)

Rank in course/Men: 90 (of 128)

Best time in course: 53:19

Rank in category: 10(of 16)

Best time in the category: 1:02:24

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Kontrolle	5.80	34:53	6:00	8	8:32	83	12:11	5.80	34:53	6:00	8	8:32	83	12:11
Finish	8.20	46:00	5:36	10	9:57	88	15:23	14.00	1:20:53	5:46	10	18:29	90	27:34