



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Nowak, Jens

Club: WalschbergRunners
Number: 149

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:21:40

Speed: 10.29 km/h
Running performance: 5:50 min/km

Rank in course/Total: 105 (of 179)

Rank in course/Men: 92 (of 128)

Best time in course: 53:19

Rank in category: 14(of 21)

Best time in the category: 1:03:24

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	35:22	6:05	15	7:41	90	12:40	5.80	35:22	6:05	15	7:41	90	12:40
Finish	8.20	46:18	5:38	14	10:35	92	15:41	14.00	1:21:40	5:50	14	18:16	92	28:21