



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Cramer, Tino

Club: Eschenbergen  
Number: 151

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:21:40

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

Rank in course/Total: 106 (of 179)

Rank in course/Men: 92 (of 128)

Best time in course: 53:19

Rank in category: 15(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle	5.80	36:01	6:12	16	10:31	99	13:19	5.80	36:01	6:12	16	10:31	99	13:19
Finish	8.20	45:39	5:34	12	11:53	85	15:02	14.00	1:21:40	5:50	15	22:24	92	28:21