



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Thierfelder, Jan

Club: Erfurt  
Number: 173

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:21:52

Speed: 10.26 km/h  
Running performance: 5:51 min/km

Rank in course/Total: 107 (of 179)

Rank in course/Men: 94 (of 128)

Best time in course: 53:19

Rank in category: 15(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.	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	35:20	6:05	14	7:39	89	12:38	5.80	35:20	6:05	14	7:39	89	12:38
Finish	8.20	46:32	5:40	15	10:49	95	15:55	14.00	1:21:52	5:50	15	18:28	94	28:33