



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Köhler, Kristin

Club: Gebesee  
Number: 158

Course: 14.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:22:05

Speed: 10.23 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 108 (of 179)

Rank in course/Women: 14 (of 51)

Best time in course: 1:04:42

Rank in category: 2(of 9)

Best time in the category: 1:15:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Kontrolle	5.80	36:24	6:16	3	4:44	17	8:52	5.80	36:24	6:16	3	4:44	17	8:52
Finish	8.20	45:41	5:34	2	1:22	12	8:31	14.00	1:22:05	5:51	2	6:06	14	17:23