



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Flock, Antje

Club: Gebesee  
Number: 157

Course: 14.00 km  
Hauptlauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:22:05

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

Rank in course/Total: 109 (of 179)

Rank in course/Women: 14 (of 51)

Best time in course: 1:04:42

Rank in category: 5(of 8)

Best time in the category: 1:13:10

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	6	4:45	17	8:52	5.80	36:24	6:16	6	4:45	17	8:52
Finish	8.20	45:41	5:34	4	4:10	12	8:31	14.00	1:22:05	5:51	5	8:55	14	17:23