



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Flock, Thomas

Club: Gebesee  
Number: 156

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:25:41

Speed: 9.80 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 126 (of 179)

Rank in course/Men: 106 (of 128)

Best time in course: 53:19

Rank in category: 19(of 21)

Best time in the category: 1:00:22

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Kontrolle	5.80	36:49	6:20	19	11:07	104	14:07	5.80	36:49	6:20	19	11:07	104	14:07
Finish	8.20	48:52	5:57	19	14:12	106	18:15	14.00	1:25:41	6:07	19	25:19	106	32:22