



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Habenicht, Ilka

Club: Frankfurt  
Number: 41

Course: 14.00 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:28:15

Speed: 9.52 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 137 (of 179)

Rank in course/Women: 26 (of 51)

Best time in course: 1:04:42

Rank in category: 5(of 11)

Best time in the category: 1:12:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Kontrolle	5.80	38:27	6:37	5	7:35	28	10:55	5.80	38:27	6:37	5	7:35	28	10:55
Finish	8.20	49:48	6:04	4	7:54	25	12:38	14.00	1:28:15	6:18	5	15:29	26	23:33