



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Krüger, Lars

Club: LAV Saale- Rennsteig
Number: 57

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:32:14

Speed: 9.11 km/h
Running performance: 6:35 min/km

Rank in course/Total: 149 (of 179)

Rank in course/Men: 117 (of 128)

Best time in course: 53:19

Rank in category: 19(of 21)

Best time in the category: 1:03:24

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	39:07	6:44	19	11:26	114	16:25	5.80	39:07	6:44	19	11:26	114	16:25
Finish	8.20	53:07	6:28	19	17:24	116	22:30	14.00	1:32:14	6:35	19	28:50	117	38:55