



20. Kirschlauf
Kleinfahner/Thür. / 12.06.2022

Detailed evaluation

Helger Malzahn

Club: SSV Erfurt 02
Number: 69

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44)

Total time: 1:08:56

Speed: 12.19 km/h
Running performance: 4:55 min/km

Rank in course/Total: 27 (of 163)

Rank in course/Men: 25 (of 120)

Best time in course: 50:40

Rank in category: 4(of 13)

Best time in the category: 57:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle 31	5.80	29:28	5:04	4	5:20	23	7:36	5.80	29:28	5:04	4	5:20	23	7:36
Finish	8.20	39:28	4:48	4	6:08	24	10:40	14.00	1:08:56	4:55	4	11:28	25	18:16