



# 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	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 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