



20. Kirschlauf
Kleinfahner/Thür. / 12.06.2022

Detailed evaluation

René Kruse

Club: WalschbergRunners
Number: 59

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49)

Total time: 1:14:31

Speed: 11.27 km/h
Running performance: 5:19 min/km

Rank in course/Total: 53 (of 163)

Rank in course/Men: 46 (of 120)

Best time in course: 50:40

Rank in category: 7(of 12)

Best time in the category: 1:12:44

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	31:35	5:26	5	1:26	45	9:43	5.80	31:35	5:26	5	1:26	45	9:43
Finish	8.20	42:56	5:14	6	1:50	45	14:08	14.00	1:14:31	5:19	7	1:47	46	23:51