



20. Kirschlauf  
Kleinfahner/Thür. / 12.06.2022

## Detailed evaluation

**Thomas Quaas**

Club: SSV Erfurt 02  
Number: 142

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54)

**Total time: 1:13:01**

Speed: 11.50 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 43 (of 163)

Rank in course/Men: 38 (of 120)

Best time in course: 50:40

Rank in category: 5(of 15)

Best time in the category: 1:03:16

### 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	31:50	5:29	5	4:38	46	9:58	5.80	31:50	5:29	5	4:38	46	9:58
Finish	8.20	41:11	5:01	4	5:07	33	12:23	14.00	1:13:01	5:12	5	9:45	38	22:21