



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	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	31:50	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