



20. Kirschlauf
Kleinfahner/Thür. / 12.06.2022

Detailed evaluation

martin ruhland

Club: blau weiß Lengenfeld
Number: 147

Course: 14.00 km
Hauptlauf

Category:
Senioren M55 (55-59)

Total time: 1:18:23

Speed: 10.72 km/h
Running performance: 5:35 min/km

Rank in course/Total: 66 (of 163)

Rank in course/Men: 55 (of 120)

Best time in course: 50:40

Rank in category: 6(of 21)

Best time in the category: 1:02:50

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle 31	5.80	33:09	5:42	8	6:09	60	11:17	5.80	33:09	5:42	8	6:09	60	11:17
Finish	8.20	45:14	5:30	6	9:24	58	16:26	14.00	1:18:23	5:35	6	15:33	55	27:43