



20. Kirschlauf
Kleinfahner/Thür. / 12.06.2022

Detailed evaluation

Bernd John

Club: Laufclub Rudolstadt e.V.
Number: 148

Course: 14.00 km
Hauptlauf

Category:
Senioren M55 (55-59)

Total time: 1:51:27

Speed: 7.54 km/h
Running performance: 7:57 min/km

Rank in course/Total: 157 (of 163)

Rank in course/Men: 115 (of 120)

Best time in course: 50:40

Rank in category: 20(of 21)

Best time in the category: 1:02:50

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	46:57	8:05	20	19:57	115	25:05	5.80	46:57	8:05	20	19:57	115	25:05
Finish	8.20	1:04:30	7:51	20	28:40	114	35:42	14.00	1:51:27	7:57	20	48:37	115	1:00:47