



20. Kirschlauf
Kleinfahner/Thür. / 12.06.2022

Detailed evaluation

Elke Nagel

Club: Laufclub Rudolstadt e.V,
Number: 149

Course: 14.00 km
Hauptlauf

Category:
Seniorinnen W55 (55-59)

Total time: 1:51:27

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

Rank in course/Total: 158 (of 163)

Rank in course/Women: 43 (of 43)

Best time in course: 1:03:34

Rank in category: 7(of 7)

Best time in the category: 1:14:31

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Kontrolle 31	5.80	46:58	8:05	7	14:52	42	19:49	5.80	46:58	8:05	7	14:52	42	19:49
Finish	8.20	1:04:29	7:51	5	22:04	40	28:04	14.00	1:51:27	7:57	7	36:56	43	47:53