



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. | Stage score | | Total ranking | | | | | | |
|--------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | 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 |