



20. Kirschlauf  
Kleinfahner/Thür. / 12.06.2022

Detailed evaluation

Sören Föt

Number: 26

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34)

Total time: 1:02:12

Speed: 13.50 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 6 (of 163)

Rank in course/Men: 6 (of 120)

Best time in course: 50:40

Rank in category: 2(of 10)

Best time in the category: 51:42

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	26:29	4:33	2	4:31	6	4:37	5.80	26:29	4:33	2	4:31	6	4:37
Finish	8.20	35:43	4:21	2	5:59	7	6:55	14.00	1:02:12	4:26	2	10:30	6	11:32