



20. Kirschlauf  
Kleinfahner/Thür. / 12.06.2022

## Detailed evaluation

**Sascha Krämer**

Club: Dream Team Ilmenau  
Number: 55

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34)

Total time: 1:16:28

Speed: 10.99 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 62 (of 163)

Rank in course/Men: 51 (of 120)

Best time in course: 50:40

Rank in category: 9(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	32:03	5:31	9	10:05	51	10:11	5.80	32:03	5:31	9	10:05	51	10:11
Finish	8.20	44:25	5:25	9	14:41	52	15:37	14.00	1:16:28	5:27	9	24:46	51	25:48