



20. Kirschlauf  
Kleinfahner/Thür. / 12.06.2022

Detailed evaluation

Roman Freitag

Club: GutsMuths-Rennsteiglaufverein  
Number: 168

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39)

Total time: 1:00:53

Speed: 13.80 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 5 (of 163)

Rank in course/Men: 5 (of 120)

Best time in course: 50:40

Rank in category: 3(of 17)

Best time in the category: 50:40

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	25:29	4:23	3	3:37	5	3:37	5.80	25:29	4:23	3	3:37	5	3:37
Finish	8.20	35:24	4:19	3	6:36	5	6:36	14.00	1:00:53	4:20	3	10:13	5	10:13