



20. Kirschlauf
Kleinfahner/Thür. / 12.06.2022

Detailed evaluation

Michael Nortmann

Club: OCR Squad Erfurt
Number: 160

Course: 14.00 km
Hauptlauf

Category:
Senioren M35 (35-39)

Total time: 1:12:00

Speed: 11.67 km/h
Running performance: 5:08 min/km

Rank in course/Total: 38 (of 163)

Rank in course/Men: 33 (of 120)

Best time in course: 50:40

Rank in category: 12(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	30:17	5:13	12	8:25	36	8:25	5.80	30:17	5:13	12	8:25	36	8:25
Finish	8.20	41:43	5:05	12	12:55	38	12:55	14.00	1:12:00	5:08	12	21:20	33	21:20