



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Rüdiger Lotthammer

Number: 88

Course: 14.00 km

Hauptlauf

Category:

Senioren M40 (40-44)

Total time: 1:16:05

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 63 (of 175)

Rank in course/Men: 53 (of 123)

Best time in course: 47:53

Rank in category: 11(of 15)

Best time in the category: 1:01:57

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Kontrolle 31	-	32:57	-	11	6:23	55	12:12	-	32:57	-	11	6:23	55	12:12
Finish	-	43:08	-	10	8:22	43	16:00	14.00	1:16:05	-	11	14:08	53	28:12