



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

René Große

Club: Rennsteiglaufverein/LG Süd
Number: 46

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49)

Total time: 56:02
Speed: 14.99 km/h
Running performance: 4:00 min/km
Rank in course/Total: 5 (of 175)
Rank in course/Men: 5 (of 123)
Best time in course: 47:53
Rank in category: 1(of 20)
Best time in the category: 56:02

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	-	23:53	-	1	-	6	3:08	-	23:53	-	1	-	6	3:08
Finish	-	32:09	-	1	-	5	5:01	14.00	56:02	-	1	-	5	8:09