



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Thomas Friebe

Number: 37

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49)

Total time: 1:06:00

Speed: 12.73 km/h
Running performance: 4:42 min/km

Rank in course/Total: 19 (of 175)

Rank in course/Men: 18 (of 123)

Best time in course: 47:53

Rank in category: 2(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	-	28:05	-	2	4:12	16	7:20	-	28:05	-	2	4:12	16	7:20
Finish	-	37:55	-	2	5:46	18	10:47	14.00	1:06:00	-	2	9:58	18	18:07