



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Marc Denstedt

Number: 20

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49)

Total time: 1:10:39

Speed: 11.89 km/h
Running performance: 5:02 min/km

Rank in course/Total: 36 (of 175)

Rank in course/Men: 31 (of 123)

Best time in course: 47:53

Rank in category: 6(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	-	29:45	-	5	5:52	30	9:00	-	29:45	-	5	5:52	30	9:00
Finish	-	40:54	-	6	8:45	31	13:46	14.00	1:10:39	-	6	14:37	31	22:46