



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. | Stage score | | Total ranking | | | | | | |
|--------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | 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 |