



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Steffen Schneider

Number: 115

Course: 14.00 km

Hauptlauf

Category:

Senioren M45 (45-49)

Total time: 1:10:54

Speed: 11.85 km/h

Running performance: 5:03 min/km

Rank in course/Total: 38 (of 175)

Rank in course/Men: 34 (of 123)

Best time in course: 47:53

Rank in category: 7(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 | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|--------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Kontrolle 31 | - | 29:24 | - | 4 | 5:31 | 27 | 8:39 | - | 29:24 | - | 4 | 5:31 | 27 | 8:39 |
| Finish | - | 41:30 | - | 8 | 9:21 | 37 | 14:22 | 14.00 | 1:10:54 | - | 7 | 14:52 | 34 | 23:01 |