



21. Kirschlauf

Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Mario Engelmann

Club: Laufclub Rudolstadt e.V.
Number: 28

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49)

Total time: 1:12:06

Speed: 11.65 km/h
Running performance: 5:08 min/km

Rank in course/Total: 42 (of 175)

Rank in course/Men: 36 (of 123)

Best time in course: 47:53

Rank in category: 8(of 20)

Best time in the category: 56:02

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Kontrolle 31	-	31:10	-	9	7:17	42	10:25	-	31:10	-	9	7:17	42	10:25
Finish	-	40:56	-	7	8:47	32	13:48	14.00	1:12:06	-	8	16:04	36	24:13