



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Marco Spangenberg

Club: SWE Laufteam
Number: 126

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49)

Total time: 1:14:44

Speed: 11.24 km/h
Running performance: 5:20 min/km

Rank in course/Total: 52 (of 175)

Rank in course/Men: 42 (of 123)

Best time in course: 47:53

Rank in category: 9(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	-	30:38	-	8	6:45	37	9:53	-	30:38	-	8	6:45	37	9:53
Finish	-	44:06	-	11	11:57	58	16:58	14.00	1:14:44	-	9	18:42	42	26:51