



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

**Bernd Kalinowski**

Club: Laufclub Rudolstadt e.V.  
Number: 64

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49)

Total time: 1:16:32

Speed: 10.98 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 64 (of 175)

Rank in course/Men: 54 (of 123)

Best time in course: 47:53

Rank in category: 10(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	-	33:05	-	10	9:12	56	12:20	-	33:05	-	10	9:12	56	12:20
Finish	-	43:27	-	9	11:18	48	16:19	14.00	1:16:32	-	10	20:30	54	28:39