



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Christian Rüchardt

Club: WalschbergRunners
Number: 110

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49)

Total time: 1:25:03

Speed: 9.88 km/h
Running performance: 6:04 min/km

Rank in course/Total: 103 (of 175)

Rank in course/Men: 81 (of 123)

Best time in course: 47:53

Rank in category: 13(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Pos Men	Behind Men	
Kontrolle 31	-	37:14	-	18	13:21	96	16:29	-	37:14	-	18	13:21	96	16:29
Finish	-	47:49	-	13	15:40	76	20:41	14.00	1:25:03	-	13	29:01	81	37:10