



21. Kirschlauf

Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Christian Friebe

Number: 36

Course: 14.00 km

Hauptlauf

Category:

Senioren M45 (45-49)

Total time: 1:27:15

Speed: 9.63 km/h

Running performance: 6:13 min/km

Rank in course/Total: 109 (of 175)

Rank in course/Men: 86 (of 123)

Best time in course: 47:53

Rank in category: 15(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle 31	-	35:35	-	15	11:42	81	14:50	-	35:35	-	15	11:42	81	14:50
Finish	-	51:40	-	17	19:31	93	24:32	14.00	1:27:15	-	15	31:13	86	39:22