



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Kai Herrling

Club: WalschbergRunners  
Number: 55

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49)

Total time: 1:34:07

Speed: 8.93 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 139 (of 175)

Rank in course/Men: 106 (of 123)

Best time in course: 47:53

Rank in category: 20(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	-	39:56	-	20	16:03	107	19:11	-	39:56	-	20	16:03	107	19:11
Finish	-	54:11	-	19	22:02	105	27:03	14.00	1:34:07	-	20	38:05	106	46:14