



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Holger Daum

Club: LAV Saale-Rennsteig  
Number: 18

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54)

Total time: 1:09:34

Speed: 12.07 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 29 (of 175)

Rank in course/Men: 26 (of 123)

Best time in course: 47:53

Rank in category: 1(of 11)

Best time in the category: 1:09:34

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	-	29:10	-	1	-	24	8:25	-	29:10	-	1	-	24	8:25
Finish	-	40:24	-	1	-	28	13:16	14.00	1:09:34	-	1	-	26	21:41