



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Jens Nowak

Number: 100

Course: 14.00 km
Hauptlauf

Category:
Senioren M50 (50-54)

Total time: 1:28:31

Speed: 9.49 km/h
Running performance: 6:19 min/km

Rank in course/Total: 117 (of 175)

Rank in course/Men: 94 (of 123)

Best time in course: 47:53

Rank in category: 10(of 11)

Best time in the category: 1:09:34

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	-	38:37	-	10	9:27	102	17:52	-	38:37	-	10	9:27	102	17:52
Finish	-	49:54	-	8	9:30	83	22:46	14.00	1:28:31	-	10	18:57	94	40:38