



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Lars Krüger

Club: Rennsteiglaufverein
Number: 78

Course: 14.00 km
Hauptlauf

Category:
Senioren M50 (50-54)

Total time: 1:34:57

Speed: 8.85 km/h
Running performance: 6:46 min/km

Rank in course/Total: 143 (of 175)

Rank in course/Men: 108 (of 123)

Best time in course: 47:53

Rank in category: 11(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.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle 31	-	39:59	-	11	10:49	108	19:14	-	39:59	-	11	10:49	108	19:14
Finish	-	54:58	-	11	14:34	107	27:50	14.00	1:34:57	-	11	25:23	108	47:04