



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Heiko Prehl

Number: 167

Course: 14.00 km

Hauptlauf

Category:

Senioren M55 (55-59)

Total time: 1:16:47

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 66 (of 175)

Rank in course/Men: 55 (of 123)

Best time in course: 47:53

Rank in category: 3(of 16)

Best time in the category: 1:05:48

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	-	32:48	-	3	4:31	54	12:03	-	32:48	-	3	4:31	54	12:03
Finish	-	43:59	-	4	6:28	55	16:51	14.00	1:16:47	-	3	10:59	55	28:54