



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. | 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 |