



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Helge Fritzschner

Club: Laufftreff Breitungens  
Number: 180

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59)

Total time: 1:17:00

Speed: 10.91 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 69 (of 175)

Rank in course/Men: 58 (of 123)

Best time in course: 47:53

Rank in category: 4(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Kontrolle 31	-	33:32	-	5	5:15	62	12:47	-	33:32	-	5	5:15	62	12:47
Finish	-	43:28	-	3	5:57	49	16:20	14.00	1:17:00	-	4	11:12	58	29:07