



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Dirk Ellinger

Club: GutsMuths Rennsteiglaufverein
Number: 26

Course: 14.00 km
Hauptlauf

Category:
Senioren M55 (55-59)

Total time: 1:21:17

Speed: 10.33 km/h
Running performance: 5:48 min/km

Rank in course/Total: 85 (of 175)

Rank in course/Men: 71 (of 123)

Best time in course: 47:53

Rank in category: 7(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Pos Men	Behind Men	
Kontrolle 31	-	34:07	-	8	5:50	69	13:22	-	34:07	-	8	5:50	69	13:22
Finish	-	47:10	-	7	9:39	73	20:02	14.00	1:21:17	-	7	15:29	71	33:24