



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Ralph Adams

Club: GutsMuths Rennsteiglaufverein  
Number: 5

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59)

Total time: 1:24:00

Speed: 10.00 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 93 (of 175)

Rank in course/Men: 76 (of 123)

Best time in course: 47:53

Rank in category: 8(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	-	33:55	-	7	5:38	67	13:10	-	33:55	-	7	5:38	67	13:10
Finish	-	50:05	-	9	12:34	84	22:57	14.00	1:24:00	-	8	18:12	76	36:07