



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Frank Ecklebe

Club: Runningteam Köstritzer
Number: 25

Course: 14.00 km
Hauptlauf

Category:
Senioren M55 (55-59)

Total time: 1:40:54

Speed: 8.33 km/h
Running performance: 7:12 min/km

Rank in course/Total: 155 (of 175)

Rank in course/Men: 115 (of 123)

Best time in course: 47:53

Rank in category: 14(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	-	42:21	-	14	14:04	115	21:36	-	42:21	-	14	14:04	115	21:36
Finish	-	58:33	-	12	21:02	112	31:25	14.00	1:40:54	-	14	35:06	115	53:01