



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

## Detailed evaluation

Christian Friebel

Number: 743

Course: 4.50 km  
4,5 km-Lauf Schüler/Jedermann

Category:  
Jedermann männlich

Total time: 28:57

Speed: 8.29 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 30 (of 54)

Rank in course/Men: 26 (of 35)

Best time in course: 19:03

Rank in category: 16(of 23)

Best time in the category: 19:31