



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Ronald Beck

Number: 157

Course: 14.00 km
Hauptlauf

Category:
Senioren M60 (60-64)

Total time: 1:15:12

Speed: 11.17 km/h
Running performance: 5:22 min/km

Rank in course/Total: 54 (of 175)

Rank in course/Men: 45 (of 123)

Best time in course: 47:53

Rank in category: 3(of 15)

Best time in the category: 1:07:26

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	-	31:57	-	3	3:07	47	11:12	-	31:57	-	3	3:07	47	11:12
Finish	-	43:15	-	4	4:39	46	16:07	14.00	1:15:12	-	3	7:46	45	27:19