



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Matthias Assig

Number: 7

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M60 (60-64)

Total time: 1:20:00

Speed: 10.50 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 77 (of 175)

Rank in course/Men: 65 (of 123)

Best time in course: 47:53

Rank in category: 7(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	-	33:48	-	7	4:58	66	13:03	-	33:48	-	7	4:58	66	13:03
Finish	-	46:12	-	7	7:36	66	19:04	14.00	1:20:00	-	7	12:34	65	32:07