



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

**Bernd John**

Club: Laufclub Rudolstadt e.V.  
Number: 62

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M60 (60-64)

Total time: 1:44:47

Speed: 8.02 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 163 (of 175)

Rank in course/Men: 119 (of 123)

Best time in course: 47:53

Rank in category: 13(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle 31	-	44:24	-	13	15:34	118	23:39	-	44:24	-	13	15:34	118	23:39
Finish	-	1:00:23	-	14	21:47	120	33:15	14.00	1:44:47	-	13	37:21	119	56:54