



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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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