



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Manfred Kretzschmar

Club: GMRLV/ Ichttershausen
Number: 76

Course: 14.00 km
Hauptlauf

Category:
Senioren M70 (70-74)

Total time: 1:23:02

Speed: 10.12 km/h
Running performance: 5:55 min/km

Rank in course/Total: 90 (of 175)

Rank in course/Men: 74 (of 123)

Best time in course: 47:53

Rank in category: 3(of 5)

Best time in the category: 1:20:26

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	-	36:30	-	3	2:27	87	15:45	-	36:30	-	3	2:27	87	15:45
Finish	-	46:32	-	2	0:09	70	19:24	14.00	1:23:02	-	3	2:36	74	35:09