



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Manfred Haferanke

Club: Lauffreunde Gotha
Number: 53

Course: 14.00 km
Hauptlauf

Category:
Senioren M70 (70-74)

Total time: 1:43:06

Speed: 8.15 km/h
Running performance: 7:21 min/km

Rank in course/Total: 161 (of 175)

Rank in course/Men: 118 (of 123)

Best time in course: 47:53

Rank in category: 5(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	-	44:27	-	5	10:24	119	23:42	-	44:27	-	5	10:24	119	23:42
Finish	-	58:39	-	5	12:16	114	31:31	14.00	1:43:06	-	5	22:40	118	55:13