



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Heike Fritzlar

Club: Mühlhäuser Röblinglauf e.V.
Number: 39

Course: 14.00 km
Hauptlauf

Category:
Seniorinnen W55 (55-59)

Total time: 1:30:00

Speed: 9.33 km/h
Running performance: 6:25 min/km

Rank in course/Total: 123 (of 175)

Rank in course/Women: 26 (of 52)

Best time in course: 1:05:51

Rank in category: 3(of 7)

Best time in the category: 1:14:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Kontrolle 31	-	39:47	-	3	7:23	34	12:02	-	39:47	-	3	7:23	34	12:02
Finish	-	50:13	-	2	8:00	23	12:07	14.00	1:30:00	-	3	15:23	26	24:09