



21. Kirschlauf
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Elke Nagel

Club: Laufclub Rudolstadt e.V.
Number: 98

Course: 14.00 km
Hauptlauf

Category:
Seniorinnen W55 (55-59)

Total time: 1:45:03

Speed: 8.00 km/h
Running performance: 7:30 min/km

Rank in course/Total: 165 (of 175)

Rank in course/Women: 45 (of 52)

Best time in course: 1:05:51

Rank in category: 5(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	-	44:25	-	5	12:01	46	16:40	-	44:25	-	5	12:01	46	16:40
Finish	-	1:00:38	-	5	18:25	45	22:32	14.00	1:45:03	-	5	30:26	45	39:12