



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

### Detailed evaluation

Richard Gräfenstein

Number: 43

Course: 14.00 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 1:39:47

Speed: 8.42 km/h  
Running performance: 7:07 min/km

Rank in course/Total: 150 (of 175)

Rank in course/Men: 112 (of 123)

Best time in course: 47:53

Rank in category: 3(of 3)

Best time in the category: 52:09

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle 31	-	39:51	-	3	17:18	106	19:06	-	39:51	-	3	17:18	106	19:06
Finish	-	59:56	-	3	30:20	119	32:48	14.00	1:39:47	-	3	47:38	112	51:54