



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

## Detailed evaluation

Frank Jaeger

Club: SV Sömmerda e.V.  
Number: 719

Course: 4.50 km  
4,5 km-Lauf Schüler/Jedermann

Category:  
Jedermann männlich

Total time: 22:20

Speed: 12.09 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 10 (of 54)

Rank in course/Men: 10 (of 35)

Best time in course: 19:03

Rank in category: 7(of 23)

Best time in the category: 19:31