



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

### Detailed evaluation

Robert Gräfenstein

Number: 44

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34)

Total time: 1:12:08

Speed: 11.65 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 43 (of 175)

Rank in course/Men: 37 (of 123)

Best time in course: 47:53

Rank in category: 5(of 10)

Best time in the category: 51:24

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	-	29:17	-	5	7:16	26	8:32	-	29:17	-	5	7:16	26	8:32
Finish	-	42:51	-	5	13:28	42	15:43	14.00	1:12:08	-	5	20:44	37	24:15