



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Erik Vorwerg

Club: Nuklear Crew  
Number: 155

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34)

Total time: 1:33:18

Speed: 9.00 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 138 (of 175)

Rank in course/Men: 105 (of 123)

Best time in course: 47:53

Rank in category: 9(of 10)

Best time in the category: 51:24

Intermediate times

Stage score

Total ranking

| Control      | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|--------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|              |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Kontrolle 31 | -           | 40:39         | -               | 9           | 18:38          | 111         | 19:54         | -             | 40:39         | -               | 9           | 18:38          | 111        | 19:54         |
| Finish       | -           | 52:39         | -               | 6           | 23:16          | 98          | 25:31         | 14.00         | 1:33:18       | -               | 9           | 41:54          | 105        | 45:25         |