



22. Kirschlauf
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Reiner Holzhaus

Club: LAV Saale Rennsteig
Number: 105

Course: 14.06 km
Hauptlauf

Category:
Senioren M65 (65-69)

Total time: 1:24:36

Speed: 9.93 km/h
Running performance: 6:01 min/km

Rank in course/Total: 101 (of 168)

Rank in course/Men: 84 (of 123)

Best time in course: 48:00

Rank in category: 3(of 8)

Best time in the category: 1:22:43

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
Zwischenzeit	6.50	40:47	6:16	2	2:32	80	17:29	6.50	40:47	6:16	2	2:32	80	17:29
Finish	7.56	43:49	5:47	3	2:18	88	19:07	14.06	1:24:36	6:01	3	1:53	84	36:36