



22. Kirschlauf  
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Heike Fritzlar

Club: Mühlhäuser Röblinglauf e.V.  
Number: 139

Course: 14.06 km  
Hauptlauf

Category:  
Seniorinnen W55 (55-59)

Total time: 1:30:55

Speed: 9.24 km/h  
Running performance: 6:27 min/km

Rank in course/Total: 128 (of 168)

Rank in course/Women: 30 (of 45)

Best time in course: 1:00:29

Rank in category: 6(of 8)

Best time in the category: 1:20:42

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit	6.50	46:18	7:07	6	6:42	35	16:40	6.50	46:18	7:07	6	6:42	35	16:40
Finish	7.56	44:37	5:54	6	3:48	19	13:46	14.06	1:30:55	6:27	6	10:13	30	30:26