



22. Kirschlauf  
Kleinfahner/Thür. / 16.06.2024

## Detailed evaluation

Rudolf Podpinka

Number: 746

Course: 4.51 km  
Jedermannlauf

Category:  
Senioren M30 (30-34) E

Total time: 28:50

Speed: 8.32 km/h

Running performance: 6:23 min/km

Rank in course/Total: 18 (of 43)

Rank in course/Men: 12 (of 24)

Best time in course: 18:39

Rank in category: 2(of 4)

Best time in the category: 24:27