



22. Kirschlauf
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Martin Rudolf

Club: SWE Laufteam
Number: 39

Course: 14.06 km
Hauptlauf

Category:
Senioren M30 (30-34)

Total time: 1:05:36

Speed: 12.80 km/h
Running performance: 4:39 min/km

Rank in course/Total: 21 (of 168)

Rank in course/Men: 20 (of 123)

Best time in course: 48:00

Rank in category: 6(of 9)

Best time in the category: 48:00

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	32:15	4:57	6	8:57	22	8:57	6.50	32:15	4:57	6	8:57	22	8:57
Finish	7.56	33:21	4:24	6	8:39	17	8:39	14.06	1:05:36	4:39	6	17:36	20	17:36