



22. Kirschlauf  
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Ralf Näther

Club: SWE Laufteam  
Number: 32

Course: 14.06 km  
Hauptlauf

Category:  
Senioren M30 (30-34)

Total time: 1:07:34

Speed: 12.43 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 30 (of 168)

Rank in course/Men: 28 (of 123)

Best time in course: 48:00

Rank in category: 8(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit	6.50	32:26	4:59	7	9:08	24	9:08	6.50	32:26	4:59	7	9:08	24	9:08
Finish	7.56	35:08	4:38	8	10:26	30	10:26	14.06	1:07:34	4:48	8	19:34	28	19:34