



22. Kirschlauf
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Rüdiger Lotthammer

Number: 28

Course: 14.06 km

Hauptlauf

Category:

Senioren M40 (40-44)

Total time: 1:11:19

Speed: 11.78 km/h

Running performance: 5:04 min/km

Rank in course/Total: 43 (of 168)

Rank in course/Men: 39 (of 123)

Best time in course: 48:00

Rank in category: 10(of 21)

Best time in the category: 51:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Zwischenzeit	6.50	35:29	5:27	11	10:47	42	12:11	6.50	35:29	5:27	11	10:47	42	12:11
Finish	7.56	35:50	4:44	8	9:14	33	11:08	14.06	1:11:19	5:04	10	20:01	39	23:19