



22. Kirschlauf  
Kleinfahner/Thür. / 16.06.2024

## Detailed evaluation

**Marc Denstedt**

Club: Fahner Höhe Runners  
Number: 10

Course: 14.06 km  
Hauptlauf

Category:  
Senioren M45 (45-49)

Total time: 1:07:13

Speed: 12.50 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 27 (of 168)

Rank in course/Men: 26 (of 123)

Best time in course: 48:00

Rank in category: 2(of 15)

Best time in the category: 1:00:12

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	32:53	5:03	2	3:00	27	9:35	6.50	32:53	5:03	2	3:00	27	9:35
Finish	7.56	34:20	4:32	2	4:01	25	9:38	14.06	1:07:13	4:46	2	7:01	26	19:13