



22. Kirschlauf  
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Uwe Aschenbach

Club: SWE Laufteam  
Number: 6

Course: 14.06 km  
Hauptlauf

Category:  
Senioren M45 (45-49)

Total time: 1:17:30

Speed: 10.84 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 63 (of 168)

Rank in course/Men: 56 (of 123)

Best time in course: 48:00

Rank in category: 7(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	36:07	5:33	5	6:14	45	12:49	6.50	36:07	5:33	5	6:14	45	12:49
Finish	7.56	41:23	5:28	8	11:04	71	16:41	14.06	1:17:30	5:30	7	17:18	56	29:30