



22. Kirschlauf  
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Karsten Guenther

Club: Donnerstagsbier  
Number: 186

Course: 14.06 km  
Hauptlauf

Category:  
Senioren M45 (45-49)

Total time: 1:24:16

Speed: 9.97 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 99 (of 168)

Rank in course/Men: 82 (of 123)

Best time in course: 48:00

Rank in category: 10(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.	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	42:09	6:29	13	12:16	89	18:51	6.50	42:09	6:29	13	12:16	89	18:51
Finish	7.56	42:07	5:34	10	11:48	77	17:25	14.06	1:24:16	5:59	10	24:04	82	36:16