



22. Kirschlauf  
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Christian Rüchardt

Club: WalschbergRunners  
Number: 38

Course: 14.06 km  
Hauptlauf

Category:  
Senioren M45 (45-49)

Total time: 1:25:17

Speed: 9.89 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 103 (of 168)

Rank in course/Men: 86 (of 123)

Best time in course: 48:00

Rank in category: 13(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	43:37	6:42	14	13:44	95	20:19	6.50	43:37	6:42	14	13:44	95	20:19
Finish	7.56	41:40	5:30	9	11:21	73	16:58	14.06	1:25:17	6:03	13	25:05	86	37:17