



22. Kirschlauf
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Frank Spittel

Club: Laufteam Bierfassheber
Number: 43

Course: 14.06 km
Hauptlauf

Category:
Senioren M45 (45-49)

Total time: 1:27:04

Speed: 9.65 km/h
Running performance: 6:11 min/km

Rank in course/Total: 110 (of 168)

Rank in course/Men: 91 (of 123)

Best time in course: 48:00

Rank in category: 15(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	44:16	6:48	15	14:23	98	20:58	6.50	44:16	6:48	15	14:23	98	20:58
Finish	7.56	42:48	5:39	12	12:29	81	18:06	14.06	1:27:04	6:11	15	26:52	91	39:04