



22. Kirschlauf  
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Daum Holger

Club: LAV Saale-Rennsteig  
Number: 21

Course: 14.06 km  
Hauptlauf

Category:  
Senioren M50 (50-54)

Total time: 1:10:16

Speed: 11.95 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 38 (of 168)

Rank in course/Men: 35 (of 123)

Best time in course: 48:00

Rank in category: 4(of 15)

Best time in the category: 1:02:55

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	34:20	5:16	5	3:26	35	11:02	6.50	34:20	5:16	5	3:26	35	11:02
Finish	7.56	35:56	4:45	4	3:55	34	11:14	14.06	1:10:16	4:59	4	7:21	35	22:16