



22. Kirschlauf
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Ralph Adams

Number: 81

Course: 14.06 km
Hauptlauf

Category:
Senioren M55 (55-59)

Total time: 1:20:32

Speed: 10.43 km/h
Running performance: 5:43 min/km

Rank in course/Total: 78 (of 168)

Rank in course/Men: 69 (of 123)

Best time in course: 48:00

Rank in category: 8(of 13)

Best time in the category: 1:04:20

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	40:25	6:13	8	9:20	78	17:07	6.50	40:25	6:13	8	9:20	78	17:07
Finish	7.56	40:07	5:18	7	6:52	60	15:25	14.06	1:20:32	5:43	8	16:12	69	32:32