



22. Kirschlauf
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Frank Ecklebe

Club: Runningteam Köstritzer
Number: 55

Course: 14.06 km
Hauptlauf

Category:
Senioren M55 (55-59)

Total time: 1:35:28

Speed: 8.80 km/h
Running performance: 6:47 min/km

Rank in course/Total: 141 (of 168)

Rank in course/Men: 106 (of 123)

Best time in course: 48:00

Rank in category: 11(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.	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	47:49	7:21	11	16:44	110	24:31	6.50	47:49	7:21	11	16:44	110	24:31
Finish	7.56	47:39	6:18	11	14:24	100	22:57	14.06	1:35:28	6:47	11	31:08	106	47:28