



13. Kirschlauf  
Kleinfahrer / 16.06.2013

Detailed evaluation

Seehof, Frank

Club: SV 1922 Thamsbrück  
Number: 263

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:06:11

Speed: 12.69 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 40 (of 256)

Rank in course/Men: 39 (of 185)

Best time in course: 48:53

Rank in category: 10(of 32)

Best time in the category: 57:06

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	
Posten	7.50	40:16	5:22	9	5:42	38	10:36	7.50	40:16	5:22	24			43	
Finish	6.50	25:55	3:59	9	3:23	41	6:42	14.00	1:06:11	4:43	10	9:05		39	17:18