



13. Kirschlauf
Kleinfahrer / 16.06.2013

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig
Number: 182

Course: 14.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:45:45

Speed: 7.94 km/h
Running performance: 7:33 min/km

Rank in course/Total: 249 (of 256)

Rank in course/Men: 180 (of 185)

Best time in course: 48:53

Rank in category: 32(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	1:02:26	8:19	31	27:52	176	32:46	7.50	1:02:26	8:19	2	16:44	176	21:45
Finish	6.50	43:19	6:39	31	20:47	176	24:06	14.00	1:45:45	7:33	32	48:39	180	56:52