



3. Creuzburger Stadtlauf  
Creuzburg / 28.06.2014

Detailed evaluation

Kühnpast, Frank

Club: Saalfelder LV  
Number: 786

Course: 13.50 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:10:45

Speed: 11.02 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 56 (of 100)

Rank in course/Men: 48 (of 80)

Best time in course: 51:48

Rank in category: 11(of 16)

Best time in the category: 56:00