



16. Kirschlauf  
Kleinfahner / 12.06.2016

## Detailed evaluation

**Dalbert, Frank**

Club: Chaosteam RSL Run4Fun  
Number: 111

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:18:43

Speed: 10.67 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 63 (of 158)

Rank in course/Men: 59 (of 120)

Best time in course: 49:18

Rank in category: 9(of 20)

Best time in the category: 1:05:13

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
Kontrolle	7.50	48:32	6:28	9	7:43	54	16:42	7.50	48:32	6:28	9	7:43	54	16:42
Finish	6.50	30:11	4:38	10	5:47	69	12:43	14.00	1:18:43	5:37	9	13:30	59	29:25