



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		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.		Men	Men					km
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