



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Thomas, Frank

Club: LAV Saale- Rennsteig
Number: 97

Course: 14.00 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:12:09

Speed: 11.64 km/h
Running performance: 5:09 min/km

Rank in course/Total: 51 (of 179)

Rank in course/Men: 48 (of 128)

Best time in course: 53:19

Rank in category: 4(of 16)

Best time in the category: 1:02:24

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Kontrolle	5.80	31:37	5:27	4	5:16	52	8:55	5.80	31:37	5:27	4	5:16	52	8:55
Finish	8.20	40:32	4:56	4	4:29	46	9:55	14.00	1:12:09	5:09	4	9:45	48	18:50