



19. Kirschlauf  
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Kühnpast, Frank

Club: Saalfelder LV  
Number: 58

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:16:14

Speed: 11.02 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 74 (of 179)

Rank in course/Men: 65 (of 128)

Best time in course: 53:19

Rank in category: 14(of 21)

Best time in the category: 1:00:22

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
Kontrolle	5.80	32:37	5:37	14	6:55	63	9:55	5.80	32:37	5:37	14	6:55	63	9:55
Finish	8.20	43:37	5:19	14	8:57	65	13:00	14.00	1:16:14	5:26	14	15:52	65	22:55