



20. Kirschlauf  
Kleinfahner/Thür. / 12.06.2022

Detailed evaluation

Frank Thomas

Club: LAV Saale-Rennsteig  
Number: 138

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59)

Total time: 1:20:47

Speed: 10.40 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 76 (of 163)

Rank in course/Men: 64 (of 120)

Best time in course: 50:40

Rank in category: 10(of 21)

Best time in the category: 1:02:50

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 31	5.80	34:07	5:52	9	7:07	65	12:15	5.80	34:07	5:52	9	7:07	65	12:15
Finish	8.20	46:40	5:41	9	10:50	64	17:52	14.00	1:20:47	5:46	10	17:57	64	30:07