



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Frank Thomas

Club: LAV Saale-Rennsteig  
Number: 133

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59)

Total time: 1:18:18

Speed: 10.73 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 74 (of 175)

Rank in course/Men: 62 (of 123)

Best time in course: 47:53

Rank in category: 5(of 16)

Best time in the category: 1:05:48

| 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       | -        | 33:23      | -            | 4           | 5:06        | 59      | 12:38      | -             | 33:23      | -            | 4        | 5:06        | 59      | 12:38      |
| Finish             | -        | 44:55      | -            | 5           | 7:24        | 61      | 17:47      | 14.00         | 1:18:18    | -            | 5        | 12:30       | 62      | 30:25      |