



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Frank Kühnpast

Club: Saalfelder LV  
Number: 82

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59)

Total time: 1:29:18

Speed: 9.41 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 120 (of 175)

Rank in course/Men: 96 (of 123)

Best time in course: 47:53

Rank in category: 11(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	-	37:04	-	10	8:47	94	16:19	-	37:04	-	10	8:47	94	16:19
Finish	-	52:14	-	11	14:43	96	25:06	14.00	1:29:18	-	11	23:30	96	41:25