



21. Kirschlauf  
Kleinfahner/Thür. / 11.06.2023

Detailed evaluation

Frank Dalbert

Club: Lauffeuer Fröttstädt e.V.  
Number: 17

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59)

Total time: 1:42:59

Speed: 8.16 km/h  
Running performance: 7:21 min/km

Rank in course/Total: 160 (of 175)

Rank in course/Men: 117 (of 123)

Best time in course: 47:53

Rank in category: 15(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle 31	-	43:06	-	15	14:49	116	22:21	-	43:06	-	15	14:49	116	22:21
Finish	-	59:53	-	15	22:22	118	32:45	14.00	1:42:59	-	15	37:11	117	55:06