



22. Kirschlauf
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Frank Thomas

Club: LAV Saale-Rennsteig
Number: 126

Course: 14.06 km
Hauptlauf

Category:
Senioren M60 (60-64)

Total time: 1:18:20

Speed: 10.72 km/h
Running performance: 5:34 min/km

Rank in course/Total: 66 (of 168)

Rank in course/Men: 59 (of 123)

Best time in course: 48:00

Rank in category: 3(of 18)

Best time in the category: 1:05:46

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
Zwischenzeit	6.50	39:02	6:00	6	6:40	66	15:44	6.50	39:02	6:00	6	6:40	66	15:44
Finish	7.56	39:18	5:11	3	5:54	56	14:36	14.06	1:18:20	5:34	3	12:34	59	30:20