



22. Kirschlauf  
Kleinfahner/Thür. / 16.06.2024

Detailed evaluation

Frank Kühnpast

Club: Saalfelder LV  
Number: 26

Course: 14.06 km  
Hauptlauf

Category:  
Senioren M55 (55-59)

Total time: 1:28:01

Speed: 9.54 km/h  
Running performance: 6:15 min/km

Rank in course/Total: 114 (of 168)

Rank in course/Men: 94 (of 123)

Best time in course: 48:00

Rank in category: 9(of 13)

Best time in the category: 1:04:20

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	42:52	6:35	9	11:47	93	19:34	6.50	42:52	6:35	9	11:47	93	19:34
Finish	7.56	45:09	5:58	9	11:54	92	20:27	14.06	1:28:01	6:15	9	23:41	94	40:01