



8. Kirschlauf  
Kleinfahner / 15.06.2008

## Detailed evaluation

Ahrndt, Jörg

Club: LG Frauenwald  
Number: 207

Course: 14.00 km  
Hauptlauf

Category:  
Männer M35

Total time: 57:57

Speed: 14.50 km/h  
Running performance: 4:08 min/km

Rank in course/Total: 6 (of 230)

Rank in course/Men: 6 (of 181)

Best time in course: 53:12

Rank in category: 2(of 23)

Best time in the category: 53:54