



8. Kirschlauf  
Kleinfahner / 15.06.2008

## Detailed evaluation

**Almeroth, Lutz**

Club: LTV Erfurt  
Number: 230

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:03:19

Speed: 13.27 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 23 (of 230)

Rank in course/Men: 23 (of 181)

Best time in course: 53:12

Rank in category: 6(of 47)

Best time in the category: 59:27