



8. Kirschlauf  
Kleinfahner / 15.06.2008

## Detailed evaluation

**Adama, Wolfgang**

Club: SC impuls  
Number: 233

Course: 14.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:09:06

Speed: 12.16 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 55 (of 230)

Rank in course/Men: 52 (of 181)

Best time in course: 53:12

Rank in category: 9(of 29)

Best time in the category: 59:25