



8. Kirschlauf  
Kleinfahner / 15.06.2008

## Detailed evaluation

Schirwinski, Frank

Club: LTV Erfurt  
Number: 165

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:09:54

Speed: 12.02 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 57 (of 230)

Rank in course/Men: 54 (of 181)

Best time in course: 53:12

Rank in category: 16(of 47)

Best time in the category: 59:27