



8. Kirschlauf  
Kleinfahner / 15.06.2008

## Detailed evaluation

Helk, Andreas

Number: 238

Course: 14.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:11:21

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 69 (of 230)

Rank in course/Men: 66 (of 181)

Best time in course: 53:12

Rank in category: 11(of 29)

Best time in the category: 59:25