



8. Kirschlauf  
Kleinfahner / 15.06.2008

## Detailed evaluation

**Herda, Uwe**

Club: Wölfis  
Number: 235

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:14:17

Speed: 11.31 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 87 (of 230)

Rank in course/Men: 82 (of 181)

Best time in course: 53:12

Rank in category: 22(of 47)

Best time in the category: 59:27