



8. Kirschlauf  
Kleinfahner / 15.06.2008

## Detailed evaluation

Helbing, Frank

Club: Großrudestedt  
Number: 92

Course: 14.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 1:16:50

Speed: 10.93 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 110 (of 230)

Rank in course/Men: 103 (of 181)

Best time in course: 53:12

Rank in category: 9(of 16)

Best time in the category: 56:24