



8. Kirschlauf  
Kleinfahner / 15.06.2008

## Detailed evaluation

van Boekel, Ingolf

Club: Fix@Foxy  
Number: 65

Course: 14.00 km  
Hauptlauf

Category:  
Männer M55

Total time: 1:18:34

Speed: 10.69 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 125 (of 230)

Rank in course/Men: 115 (of 181)

Best time in course: 53:12

Rank in category: 3(of 9)

Best time in the category: 1:08:08