



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

Herold, Fredi

Club: Saalfelder LV  
Number: 226

Course: 14.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:05:29

Speed: 12.83 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 41 (of 270)

Rank in course/Men: 40 (of 210)

Best time in course: 50:35

Rank in category: 8(of 28)

Best time in the category: 54:17