



9. Kirschlauf  
Kleinfahrer / 14.06.2009

## Detailed evaluation

Van Boekel, Ingolf

Club: Fix& Foxi  
Number: 55

Course: 14.00 km  
Hauptlauf

Category:  
Männer M55

Total time: 1:19:19

Speed: 10.59 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 132 (of 270)

Rank in course/Men: 121 (of 210)

Best time in course: 50:35

Rank in category: 5(of 9)

Best time in the category: 1:00:59