



10. Kirschlauf  
Kleinfahner / 13.06.2010

## Detailed evaluation

Hellwig, Alexander

Club: Frienstedt  
Number: 502

Course: 4.00 km  
4 km-Lauf

Category:  
Jedermann Männer

Total time: 23:35

Speed: 10.18 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 21 (of 52)

Rank in course/Men: 18 (of 34)

Best time in course: 19:26

Rank in category: 7(of 13)

Best time in the category: 19:26