



14. Kirschlauf  
Kleinfahner / 15.06.2014

## Detailed evaluation

Herling, Kai

Club: Exleben  
Number: 240

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:19:35

Speed: 10.55 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 122 (of 222)

Rank in course/Men: 109 (of 166)

Best time in course: 52:15

Rank in category: 17(of 25)

Best time in the category: 52:45