



14. Kirschlauf  
Kleinfahner / 15.06.2014

## Detailed evaluation

Albrecht, Dirk

Club: Worbis  
Number: 298

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:22:14

Speed: 10.21 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 148 (of 222)

Rank in course/Men: 127 (of 166)

Best time in course: 52:15

Rank in category: 24(of 29)

Best time in the category: 57:08