



14. Kirschlauf  
Kleinfahner / 15.06.2014

## Detailed evaluation

Zscharnt, Holger

Club: SWE Laufteam  
Number: 106

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:36:14

Speed: 8.73 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 210 (of 222)

Rank in course/Men: 160 (of 166)

Best time in course: 52:15

Rank in category: 29(of 29)

Best time in the category: 57:08