



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

Helbing, Dario-Lucas

Club: FC RWE  
Number: 549

Course: 4.00 km  
4 km-Lauf

Category:  
männliche Schüler B

Total time: 20:46

Speed: 11.56 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 3 (of 47)

Rank in course/Men: 3 (of 27)

Best time in course: 20:32

Rank in category: 2(of 11)

Best time in the category: 20:34