



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

Heiland, Torsten

Club: SV Frohndorf-Orlishausen  
Number: 513

Course: 4.00 km  
4 km-Lauf

Category:  
Jedermann Männer

Total time: 26:16

Speed: 9.14 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 26 (of 47)

Rank in course/Men: 20 (of 27)

Best time in course: 20:32

Rank in category: 9(of 14)

Best time in the category: 20:32