



9. Kirschlauf
Kleinfahner / 14.06.2009

Detailed evaluation

Ostermann, Frank

Club: SWE Laufteam

Number: 139

Course: 14.00 km

Hauptlauf

Category:

Männer M50

Total time: 1:08:50

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 53 (of 270)

Rank in course/Men: 50 (of 210)

Best time in course: 50:35

Rank in category: 5(of 26)

Best time in the category: 54:56