



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

**Janthur, Ralf**

Club: Erfurt  
Number: 274

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:09:31

Speed: 12.08 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 60 (of 270)

Rank in course/Men: 57 (of 210)

Best time in course: 50:35

Rank in category: 12(of 52)

Best time in the category: 55:26