



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

Rose, Frank

Club: Erfurt  
Number: 245

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:14:01

Speed: 11.35 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 84 (of 270)

Rank in course/Men: 81 (of 210)

Best time in course: 50:35

Rank in category: 18(of 52)

Best time in the category: 55:26