



9. Kirschlauf
Kleinfahrer / 14.06.2009

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt
Number: 143

Course: 14.00 km
Hauptlauf

Category:
Männer M45

Total time: 1:17:31

Speed: 10.84 km/h
Running performance: 5:32 min/km

Rank in course/Total: 109 (of 270)

Rank in course/Men: 101 (of 210)

Best time in course: 50:35

Rank in category: 25(of 52)

Best time in the category: 55:26