



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

**Heise, Ralf**

Club: SC Impuls Erfurt  
Number: 90

Course: 14.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 1:17:34

Speed: 10.83 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 111 (of 270)

Rank in course/Men: 102 (of 210)

Best time in course: 50:35

Rank in category: 11(of 17)

Best time in the category: 55:48