



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

**Stadel, Uwe**

Club: Sömmerda  
Number: 54

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:19:11

Speed: 10.61 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 130 (of 270)

Rank in course/Men: 119 (of 210)

Best time in course: 50:35

Rank in category: 28(of 52)

Best time in the category: 55:26