



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

**Pohl, Günther**

Club: LTV Erfurt  
Number: 11

Course: 14.00 km  
Hauptlauf

Category:  
Männer M70

Total time: 1:21:37

Speed: 10.29 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 151 (of 270)

Rank in course/Men: 138 (of 210)

Best time in course: 50:35

Rank in category: 1(of 6)

Best time in the category: 1:21:37