



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

**Pohl, Mathias**

Club: LTV Erfurt  
Number: 93

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:21:41

Speed: 10.28 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 152 (of 270)

Rank in course/Men: 139 (of 210)

Best time in course: 50:35

Rank in category: 34(of 52)

Best time in the category: 55:26