



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

Schröder, Frank

Club: Erfurt  
Number: 221

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:25:04

Speed: 9.87 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 180 (of 270)

Rank in course/Men: 160 (of 210)

Best time in course: 50:35

Rank in category: 39(of 52)

Best time in the category: 55:26