



9. Kirschlauf  
Kleinfahrer / 14.06.2009

## Detailed evaluation

**Stephan, Michael**

Club: FSV 1986 Bad Langensalza  
Number: 214

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:30:46

Speed: 9.25 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 213 (of 270)

Rank in course/Men: 178 (of 210)

Best time in course: 50:35

Rank in category: 44(of 52)

Best time in the category: 55:26