



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

**Döring, Frank**

Club: SWE Laufteam  
Number: 76

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:31:00

Speed: 9.23 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 215 (of 270)

Rank in course/Men: 179 (of 210)

Best time in course: 50:35

Rank in category: 45(of 52)

Best time in the category: 55:26