



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

Backhaus, Karsten

Club: Luisenthal  
Number: 51

Course: 14.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 1:31:12

Speed: 9.21 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 216 (of 270)

Rank in course/Men: 180 (of 210)

Best time in course: 50:35

Rank in category: 15(of 17)

Best time in the category: 55:48