



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

**Sorkale, Maik**

Club: SV Witterda  
Number: 9

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:34:09

Speed: 8.92 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 233 (of 270)

Rank in course/Men: 190 (of 210)

Best time in course: 50:35

Rank in category: 48(of 52)

Best time in the category: 55:26