



9. Kirschlauf  
Kleinfahner / 14.06.2009

## Detailed evaluation

**Appelfelder, Michael**

Club: Katzhütte  
Number: 235

Course: 14.00 km  
Hauptlauf

Category:  
Männer M20

Total time: 1:42:04

Speed: 8.23 km/h  
Running performance: 7:17 min/km

Rank in course/Total: 253 (of 270)

Rank in course/Men: 199 (of 210)

Best time in course: 50:35

Rank in category: 19(of 21)

Best time in the category: 50:35