



30. Wartburglauf Eisenach  
Eisenach / 27.09.2009

Detailed evaluation

Schirwinski, Frank

Club: LTV Erfurt  
Number: 252

Course: 12.50 km  
Hauptlauf

Category:  
Männer M45

Total time: 57:16

Speed: 12.57 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 92 (of 297)

Rank in course/Men: 87 (of 234)

Best time in course: 42:14

Rank in category: 16(of 42)

Best time in the category: 48:26