



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Thomas, Frank

Club: SV Cursdorf-Meuselbach

Number: 145

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:41:23

Speed: 12.43 km/h

Running performance: 4:48 min/km

Rank in course/Total: 9 (of 26)

Rank in course/Men: 9 (of 21)

Best time in course: 1:21:34

Rank in category: 3(of 6)

Best time in the category: 1:21:34