



### 3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

#### Detailed evaluation

**Helmich, Robert**

Club: SRL Arnstadt

Number: 754

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M20

Total time: 49:06

Speed: 12.22 km/h

Running performance: 4:41 min/km

Rank in course/Total: 39 (of 100)

Rank in course/Men: 38 (of 79)

Best time in course: 38:14

Rank in category: 7(of 10)

Best time in the category: 41:03