



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Müller, Manfred

Club: LAC Rudolstadt

Number: 880

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M50

Total time: 54:51

Speed: 10.94 km/h

Running performance: 5:13 min/km

Rank in course/Total: 82 (of 135)

Rank in course/Men: 75 (of 109)

Best time in course: 39:14

Rank in category: 6(of 8)

Best time in the category: 45:31