



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Ellerkamm, Jürgen

Club: SV Kyffhäuser

Number: 851

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M70

Total time: 54:58

Speed: 10.92 km/h

Running performance: 5:14 min/km

Rank in course/Total: 83 (of 135)

Rank in course/Men: 76 (of 109)

Best time in course: 39:14

Rank in category: 1(of 4)

Best time in the category: 54:58