



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Meier, René

Club: 1. SV Dienstedt-Hettstedt

Number: 928

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M40

Total time: 55:01

Speed: 10.91 km/h

Running performance: 5:14 min/km

Rank in course/Total: 84 (of 135)

Rank in course/Men: 77 (of 109)

Best time in course: 39:14

Rank in category: 12(of 14)

Best time in the category: 39:14