



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Fleischer, Heimbart

Club: Kathol. Laufjugend Arnstadt

Number: 933

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M50

Total time: 55:09

Speed: 10.88 km/h

Running performance: 5:15 min/km

Rank in course/Total: 85 (of 135)

Rank in course/Men: 78 (of 109)

Best time in course: 39:14

Rank in category: 7(of 8)

Best time in the category: 45:31