



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Reichardt, Ralf

Club: Floh-Seligenthal

Number: 939

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 57:37

Speed: 10.41 km/h

Running performance: 5:29 min/km

Rank in course/Total: 92 (of 135)

Rank in course/Men: 80 (of 109)

Best time in course: 39:14

Rank in category: 14(of 18)

Best time in the category: 39:41