



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Korn, Rene

Club: Suhl

Number: 910

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M30

Total time: 57:46

Speed: 10.39 km/h

Running performance: 5:30 min/km

Rank in course/Total: 95 (of 135)

Rank in course/Men: 81 (of 109)

Best time in course: 39:14

Rank in category: 7(of 8)

Best time in the category: 42:30