



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Dehmel, Gerhard**

Club: THWV Ilmenau

Number: 912

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M65

Total time: 59:01

Speed: 10.17 km/h

Running performance: 5:37 min/km

Rank in course/Total: 97 (of 135)

Rank in course/Men: 83 (of 109)

Best time in course: 39:14

Rank in category: 3(of 8)

Best time in the category: 49:50