



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Falkenberg, Ingo

Club: GMRV

Number: 941

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M40

Total time: 59:12

Speed: 10.14 km/h

Running performance: 5:38 min/km

Rank in course/Total: 98 (of 135)

Rank in course/Men: 84 (of 109)

Best time in course: 39:14

Rank in category: 13(of 14)

Best time in the category: 39:14