



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Thomas, Christian**

Club: SV Cursdorf-Meuselbach

Number: 839

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M20

Total time: 59:23

Speed: 10.10 km/h

Running performance: 5:40 min/km

Rank in course/Total: 100 (of 135)

Rank in course/Men: 86 (of 109)

Best time in course: 39:14

Rank in category: 14(of 15)

Best time in the category: 40:01