



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Ewald, Wolfgang

Club: Weimarer Spezialmontagen

Number: 930

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M55

Total time: 59:54

Speed: 10.02 km/h

Running performance: 5:42 min/km

Rank in course/Total: 103 (of 135)

Rank in course/Men: 87 (of 109)

Best time in course: 39:14

Rank in category: 4(of 6)

Best time in the category: 48:16