



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Lipfert, Kai-Uwe

Club: Ort

Number: 892

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 59:59

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 104 (of 135)

Rank in course/Men: 88 (of 109)

Best time in course: 39:14

Rank in category: 16(of 18)

Best time in the category: 39:41