



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

Henkel, Uwe

Club: Königsee

Number: 918

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M55

Total time: 1:00:23

Speed: 9.94 km/h

Running performance: 5:45 min/km

Rank in course/Total: 106 (of 135)

Rank in course/Men: 90 (of 109)

Best time in course: 39:14

Rank in category: 5(of 6)

Best time in the category: 48:16