



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Seifert, Gerd**

Club: Saalfelder LV

Number: 854

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M70

Total time: 1:01:27

Speed: 9.76 km/h

Running performance: 5:51 min/km

Rank in course/Total: 108 (of 135)

Rank in course/Men: 92 (of 109)

Best time in course: 39:14

Rank in category: 2(of 4)

Best time in the category: 54:58