



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Lange, Max

Club: TSV Germania1887e.V. Neustadt(Orla)

Number: 819

Course: 10.50 km

10, 5 km-Lauf

Category:

männliche Jugend B

Total time: 1:01:46

Speed: 9.71 km/h

Running performance: 5:53 min/km

Rank in course/Total: 109 (of 135)

Rank in course/Men: 93 (of 109)

Best time in course: 39:14

Rank in category: 3(of 4)

Best time in the category: 48:24