



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Hempel, Eberhard

Club: Suhl

Number: 908

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M55

Total time: 1:01:52

Speed: 9.70 km/h

Running performance: 5:53 min/km

Rank in course/Total: 110 (of 135)

Rank in course/Men: 94 (of 109)

Best time in course: 39:14

Rank in category: 6(of 6)

Best time in the category: 48:16