



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Schmidt, Rainer

Club: Volkssport Ronneburg

Number: 900

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M65

Total time: 1:02:59

Speed: 9.53 km/h

Running performance: 6:00 min/km

Rank in course/Total: 113 (of 135)

Rank in course/Men: 95 (of 109)

Best time in course: 39:14

Rank in category: 4(of 8)

Best time in the category: 49:50