



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen/Göllingen

Number: 927

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 1:05:24

Speed: 9.17 km/h

Running performance: 6:14 min/km

Rank in course/Total: 120 (of 135)

Rank in course/Men: 100 (of 109)

Best time in course: 39:14

Rank in category: 18(of 18)

Best time in the category: 39:41