



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Pfeuffer, Bodo

Club: WSV Ilmenau

Number: 902

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M70

Total time: 1:07:14

Speed: 8.92 km/h

Running performance: 6:24 min/km

Rank in course/Total: 124 (of 135)

Rank in course/Men: 102 (of 109)

Best time in course: 39:14

Rank in category: 3(of 4)

Best time in the category: 54:58