



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Jauch, Bertam

Club: Langewiesen

Number: 907

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M65

Total time: 1:08:16

Speed: 8.79 km/h

Running performance: 6:30 min/km

Rank in course/Total: 125 (of 135)

Rank in course/Men: 103 (of 109)

Best time in course: 39:14

Rank in category: 7(of 8)

Best time in the category: 49:50