



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Richter, André

Club: St. Kilian

Number: 886

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M30

Total time: 1:09:12

Speed: 8.67 km/h

Running performance: 6:35 min/km

Rank in course/Total: 126 (of 135)

Rank in course/Men: 104 (of 109)

Best time in course: 39:14

Rank in category: 8(of 8)

Best time in the category: 42:30