



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Jäger, Matthias

Club: Katholische Laufjugend Arnstadt

Number: 829

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M40

Total time: 1:10:30

Speed: 8.51 km/h

Running performance: 6:43 min/km

Rank in course/Total: 130 (of 135)

Rank in course/Men: 106 (of 109)

Best time in course: 39:14

Rank in category: 14(of 14)

Best time in the category: 39:14