



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Leutelt, Manfred

Club: LV Schwarzatal

Number: 841

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M70

Total time: 1:11:44

Speed: 8.36 km/h

Running performance: 6:50 min/km

Rank in course/Total: 131 (of 135)

Rank in course/Men: 107 (of 109)

Best time in course: 39:14

Rank in category: 4(of 4)

Best time in the category: 54:58