



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Berndt, Roland**

Club: Erfurt  
Number: 995

Course: 21.00 km  
21 km-Lauf

Total time: 1:56:13

Speed: 10.84 km/h

Course score: 21.00

performance score: 105 Points