



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Meyer, Steffen

Club: Rennsteiglaufverein/LG Süd

Number: 827

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M40

Total time: 39:14

Speed: 15.29 km/h

Running performance: 3:44 min/km

Rank in course/Total: 1 (of 135)

Rank in course/Men: 1 (of 109)

Best time in course: 39:14

Rank in category: 1(of 14)

Best time in the category: 39:14