



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Bayer, Stephan

Club: Rennsteiglaufverein 1

Number: 931

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 39:41

Speed: 15.12 km/h

Running performance: 3:47 min/km

Rank in course/Total: 2 (of 135)

Rank in course/Men: 2 (of 109)

Best time in course: 39:14

Rank in category: 1(of 18)

Best time in the category: 39:41